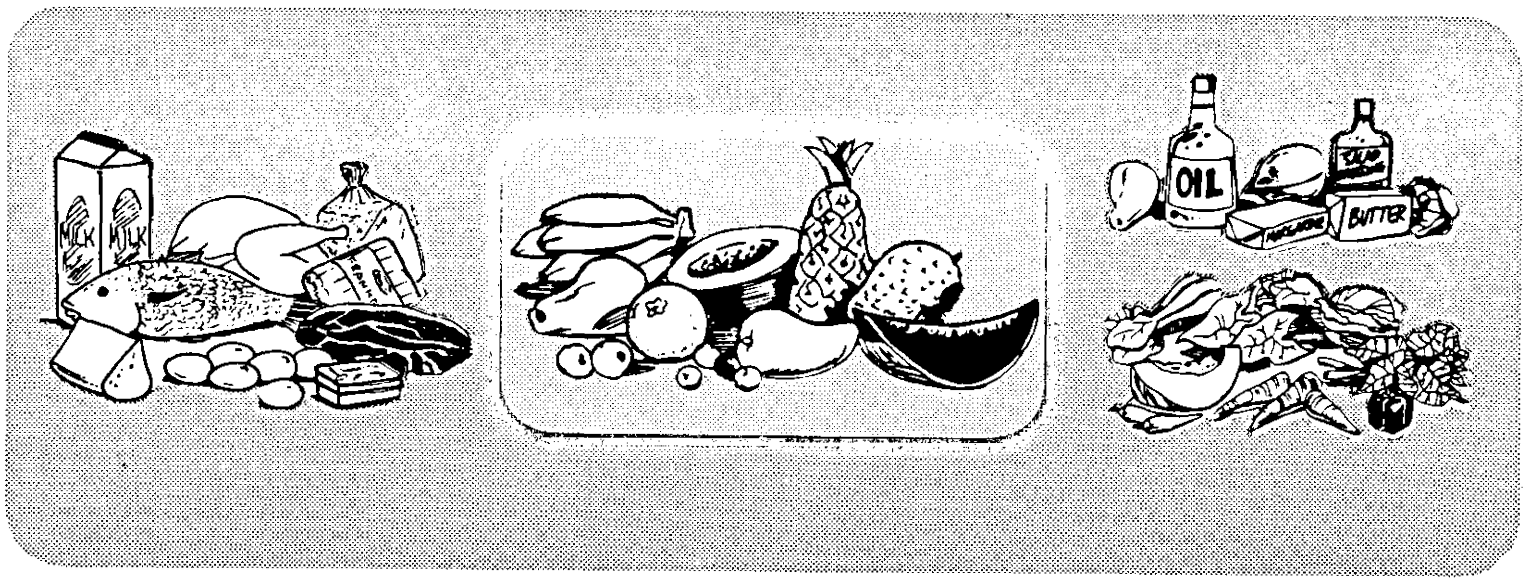
FOOD COMPOSITION TABLES

FOR USE IN THE ENGLISH-SPEAKING CARIBBEAN



COMPILED BY
CARIBBEAN FOOD AND NUTRITION INSTITUTE

FOOD COMPOSITION TABLES FOR USE IN THE ENGLISH-SPEAKING CARIBBEAN

(Second Edition - Revised)

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P.O. Box 140, Mona, Kingston 7, Jamaica

Pan American Health Organization
Pan American Sanitary Bureau, Regional
Office of the World Health Organization

1998

Published by: Caribbean Food and Nutrition Institute
P.O. Box 140
Mona, Kingston 7, Jamaica, W.I.

Cover Designed by: Miss Faith Roberts, Project Secretary

ISBN 976-626-020-6

PAHO/CFNI/95.J1

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Contents

Foreword iii

Explanation of the Food Composition Tables iv

1. Sources of Data iv
2. Food Grouping and Listing iv
3. Water and Nutrient Content v
4. Abbreviations and Symbols Used in Tables vii
5. Weight Conversion Factors vii
6. Energy Conversion vii

Using the Tables vii
Variations in Food Composition x
Raw v/s Cooked Foods x
Calculation of Nutrient Intakes x
Availability of Nutrients xi
Probable Levels of Accuracy xi

Food Groups

1. Cereals 1
2. Starchy Fruits, Roots and Tubers 11
3. Sugars and Syrups 15
4. Pulses, Nuts and Oil Seeds 19
5. Green, Leafy and Yellow Vegetables 27
6. Other Vegetables 37
7. Fruits 43
8. Meats 53
9. Poultry and Other Meats 61
10. Eggs 65
11. Fish and Shell Fish 67
12. Milk and Milk Products 77
13. Fats and Oils 81
14. Miscellaneous Foods 85
15. Composite Dishes/Prepared Foods 91

Index of Scientific Names 97

Index of Common Names 103

References 117

Annex: List and Amounts of Ingredients in Composite Dishes 119

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FOREWORD

The second edition of the Food Composition Tables for the English-speaking Caribbean has been in the making for more than a decade. It evolved in response to the need to have an updated data base on the nutrient composition of foods — raw, processed and prepared — to assess the results of dietary surveys, quantify food balance data, develop food baskets for member countries, assess personal dietary intake and facilitate nutrition education and training.

It builds on the first edition which has been in use for two decades, having been published in 1974 from work begun in 1968 and accelerated in 1971. Drs. J.I. McKigney and Y.H. Yang, then Deputy Directors of the Caribbean Food and Nutrition Institute (CFNI), along with other members of the Institute, and an informal committee of representatives from the Ministry of Health, the Scientific Research Council and the Botany Department of the University of the West Indies, Jamaica, were largely responsible for collating data for that edition. Those data were drawn mainly from work done at the Institute of Nutrition of Central America and Panama (INCAP) in the 1950s. In order to meet the demands of students and teachers for whom it has been a reference text, the publication was reprinted twice. The limitations of the range of nutrients and foods, especially prepared foods, were evident. CFNI therefore took up the challenge to remedy this.

After noting the comments of nutritionists, dietitians and other users for some time, CFNI, in 1984, commissioned Reg Clarke Associates of Barbados to prepare a computerized data set to update Table 1 — Values per 100 grams Edible Portion. That Organization obtained most of the data from publications of the United States Department of Agriculture (USDA).

In 1992 CFNI contracted Mrs. Beverley Spaulding, Nutritionist in private practice, Jamaica, to work in association with its Nutrition Educator, Mrs. Versada Campbell to review and edit those data. Newer data were found. This compilation comprises updated data mainly from USDA, McCance and Widdowson's "The Composition of Foods" and its various supplements including Immigrant Foods, United Kingdom (UK), and the Food Intake Analysis System (FIAS) on Puerto Rican Foods developed by the University of Texas Health Science Center in association with the USDA Human Nutrition Services.

The current Tables contain 901 food items divided into 15 groups including composite dishes modified from the FIAS. The foods are listed in alphabetical order in each food group and a profile of the moisture, energy, dietary fibre and 17 nutrients in 100 gram edible portion are given. Also included are percentages for refuse as purchased. Energy values are documented in kilocalories and kilojoules. Values for saturated fat, cholesterol, potassium, sodium, zinc, folacin and B_{12} (cyanocobalamin) have been added to the original 10 listed in the first edition. Each food item is preceded by a reference number and the source of the data for that item is indicated in the 'reference' column on the page on which the proximate composition of the item appears.

The description of the food and its reference number are repeated on the page with the mineral and vitamin content. The abbreviations and symbols used, the derivation and structure of the tables and how to use them are explained in the following section. Indices of the common and scientific names of the foods in the tables are provided, and lists of ingredients in composite dishes/prepared foods are annexed.

Final review of the Tables was undertaken by Mrs. Patricia Thompson, Nutritionist, assisted by Mr. Agiel Duhaney and Mr. Donovan Grant. Miss Faith Roberts, Miss Karlene Russell, Miss Janice Tai and Mrs. Michelle Tappin-Lee were responsible for the type-setting and proof-reading of the Tables. The Tables were revised in 1998 by Miss Audrey Morris, Nutritionist.

EXPLANATION OF THE FOOD COMPOSITION TABLES

1. SOURCES OF DATA

1.1 ***Analytical Data.*** Food values contained in this publication have been drawn largely from available sources which are given in the references.

The numbers in the 'reference' column indicate the sources for the individual food items. Frequent use has been made of the USDA Human Nutrition Information Service Handbooks for raw and processed foods, the University of Texas FIAS data base for Puerto Rican foods and the United Kingdom's collation of immigrant and other foods consumed frequently by its people.

1.2 ***Selection of Food Items.*** The food items included in the tables are those commonly found in municipal and parish markets, supermarkets, local shops and in street vending and prepared in homes throughout the Caribbean.

1.3 ***Limitations of Data.*** Since most of the values used in the tables were taken from other food composition tables, the data may not be representative of the area as desired, particularly in relation to the moisture content of the staple foods and vitamin content of processed foods, fresh vegetables and fruits. Many edible plant and fish species used in the Caribbean could not be found in other food composition tables and are therefore excluded from this compilation.

2. FOOD GROUPING AND LISTING

2.1 Foods in the tables are grouped under 15 headings the first 14 of which are in the sequence suggested by the Food and Agriculture Organization (FAO) of the United Nations for reporting food consumption surveys or compilation of food balance sheets.

The groups are as follows:

1. Cereals
2. Starchy Fruits, Roots and Tubers (ground provisions/produce)
3. Sugars and Syrups
4. Pulses, Nuts and Oil Seeds
5. Green, Leafy and Yellow Vegetables
6. Other Vegetables
7. Fruits
8. Meats
9. Poultry and Other Meats
10. Eggs
11. Fish and Shell Fish
12. Milk and Milk Products
13. Fats and Oils
14. Miscellaneous Foods
15. Composite Dishes/Prepared Foods

2.2 Within a food group, the foods are listed in alphabetical order by the common names and the scientific names are given in parenthesis. Different common names are often used in various Caribbean countries for the same food item; for example chocho is also known as christophene. The alternate names appear in some cases. (See the CFNI publication "Edible Fruits and Vegetables of the English-speaking Caribbean" for more on alternate names). Food may be consumed at various stages of maturity and in different forms. Values for these different forms are given under the heading of that food.

2.3 Cross reference is made to foods that could be classified in different groups. Thus, for instance, green pigeon peas could be grouped in **4. Pulses, Nuts and Oil Seeds** or, in **5. Vegetables.** In such a case, the name of green pigeon peas also appears, without a reference number assigned in the latter group, and the user is advised to (see item ..... for the relevant food value). All data for pigeon peas appear under **Pulses, Nuts** and **Oil Seeds** but there is also a cross reference in **Vegetables.**

2.4 For easy comparison, foods of a similar nature are grouped under one heading, such as baby foods (items 0932—0958) and canned soups (items 0981—0995).

2.5 The food items are numbered consecutively within and between groups. Some groups now have more than 100 items. The original scheme of beginning each group with 101, 201, 301, etc., cannot therefore, be maintained.

3. WATER AND NUTRIENT CONTENT

3.1 ***Proximate Components.*** Data for water are given as grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories (kcal) and kilojoules (kJ). The data are for physiological energy values and represent the energy value remaining after the losses in digestion and metabolism have been deducted. Caloric factors are based on the Atwater System for determining caloric values, that is, generally 4 kilocalories per gram of carbohydrate and protein and 9 kilocalories per gram of fat. Kilocalories were converted to kilojoules using the factor 4.184 (4.2). However, specific factors were used for the determination of the energy contribution of carbohydrate, fat and protein in some foods, and these are given in the Table on pages x and xi.

The values for fat represent those food components soluble in ethyl ether, including free fats, fatty acids, lecithin and some pigments. They may be referred to as 'crude fat', 'total fat' or 'ether extract'.

The carbohydrate value is usually the difference between 100 and the sum of the percentages of water, protein, fat and ash. Thus carbohydrate values include fibre. Dietary fibre occurs only in foods from plants. Where data were not available, crude fibre values were used. Crude fibre is that component of food from plants which remains after acid treatment. It represents only a portion of the total fibre content of the food.

3.2 ***Minerals.*** Data on the content of five mineral elements are included in the tables. Potassium, sodium and zinc have been added to the minerals that were reported in the 1974 Tables. The mineral values represent the total amounts present in the food and include those amounts, if any, added to the product in preparation for the retail market. The values do not necessarily represent the amount of the mineral element available to the body. Availability is affected by many factors and a multiplicity of conditions about which present information is inadequate.

3.3 ***Vitamins.*** Ascorbic acid values are expressed in terms of reduced ascorbic acid. The values for niacin do not include the niacin contributed by tryptophan, a niacin precursor. The values for vitamin A, in the publication are expressed in Retinol Equivalents (R.E.), instead of International Units (I.U.) used in some publications. Carotenes are included in the vitamin A values. The relationship between the units is as follows:

INTERNATIONAL UNITS (I.U.)

1 I.U. = 0.3 microgram (μg) retinol

1 I.U. = 0.6 microgram (μg) beta-carotene

RETINOL EQUIVALENTS (R.E.)

1 R.E. = 1 μg retinol

1 R.E. = 6 μg beta-carotene

1 R.E. = 12 μg other provitamin in plant foods

Cyanocobalamin (Vitamin B_{12}) is not present in plant foods.

Percentage losses of vitamins in leafy vegetables during cooking are given by the UK analysts as follows:

Carotene	-	0	Niacin	-	40
Vitamin B_1	-	40	Vitamin C	-	70
Vitamin B_2	-	40	Total folic acid	-	20—40

3.4 ***Refuse.*** Some foods purchased from markets are not necessarily all edible. The values for refuse expressed in percentage of weight of foods as purchased are merely simple estimates. The variability could be very large depending on the quality of food and preparation practices in different households. The percentage refuse is included to facilitate the calculation of the approximate amounts to purchase to derive a given edible amount.

3.5 ***Raw and Cooked Food.*** Except where specified, the values in this publication are for raw foods. When food is cooked or otherwise prepared, there may be a considerable change of weight and possible loss of nutrients. Some computer data bases include factors for gain or loss in weight of cooked or otherwise prepared food.

3.6 ***Cholesterol.*** A fat-like substance which occurs only in foods of animal origin, particularly in organ meats, eggs and some shellfish. It is associated with the diet-related chronic, non-communicable diseases such as coronary artery disease which could lead to heart attack.

3.7 ***Saturated Fat.*** Saturated fat includes primarily butyric, palmitic and stearic fatty acids. It has been singled out because of its association with the chronic, diseases. Values in some tables are given as a percentage of 100 grams fat. The values in these revised Tables are presented per 100 grams of food.

3.8 ***Alcohol.*** Alcohol is almost as efficient as fat in providing calories. One gram of alcohol provides 7 calories (29 kJ). The alcohol content of beers, wines, rum, whisky and gin is expressed as % alcohol by volume. In these tables the values for alcohol are given as g/100 mL of alcoholic beverages. The relationship of % alcohol by volume and alcohol (g/100 mL) is as follows:

% Alcohol by Volume	Alcohol (g/100 mL)
5	4.0
10	7.9
15	11.9
20	15.6
25	19.8
30	23.7
35	27.7
40	31.6

NOTE: The specific gravity of pure ethyl alcohol is 0.79. **Multiplying** % alcohol by Volume by 0.79 converts to g/100 mL. To convert g/100 mL to alcohol by Volume **divide** the values by 0.79.

4. ABBREVIATIONS AND SYMBOLS USED IN TABLES

g	=	gram
mg	=	milligram
mL	=	millilitre
μg	=	microgram
spp	=	species
%	=	percent
tr	=	negligible amount or trace
-	=	no data available or available data not reliable
0	=	none; containing none of the specific nutrient
( )	=	calculated values
kcal	=	kilocalories
kJ	=	kilojoules

5. WEIGHT CONVERSION FACTORS

	Kilogram	100g	Gram	Pound	Ounce
Kilogram	1	10	1000	2.205	35.28
100g	0.1	1	100	0.2205	3.528
Gram	0.001	0.01	1	0.0022	0.035
Pound	0.4536	4.536	453.6	1	16
Ounce	0.02835	0.2835	28.35	0.0625	1

6. ENERGY CONVERSION

1 Kcal	=	4.184 kJ
1000 Kcal	=	4.184 MJ
1 MJ	=	239 kcal
1 kJ	=	1000 joules
1 MJ	=	1 million joules (10^6)

USING THE TABLES

These tables are useful sources for reference to the nutritive value of some foods commonly eaten in the Caribbean. They do not provide information on all the foods eaten neither do they give values for all the nutrients.

They can be used for many different purposes. Each has its own requirements for food items and range of nutrients in the food tables and different levels of accuracy from the calculations.

1. Calculation of nutrient intakes from food consumption records:
   - for the population of a country where the food supplies are measured in raw commodities
   - for the individual where food has been measured as consumed
2. Formulation of diets or food supplies that will provide a specific intake of nutrient. Calculations can be made at several different levels, e.g.:
   - international agency's estimates of desirable food supplies for a country or region
   - individual — dietitian's/nutritionist's formulation of a diet according to a physician's diet order
3. Calculations of the nutrient composition of a manufactured food or recipe from its ingredients.

FACTORS USED FOR CALCULATING THE CALORIC VALUE OF FOODS

Food and Description	Protein Cal/g	Fat Cal/g	Carbohydrate by difference Cal/g
Cereals			
Corn, whole	2.73	8.37	4.03
Cornmeal, degermed	3.46	8.37	4.16
Oatmeal	3.46	8.37	4.12
Rice, white	3.82	8.37	4.16
Rye flour, whole grain	3.05	8.37	3.86
Rye flour, light	3.41	8.37	4.03
Sorghum, whole	0.91	8.37	4.07
Wheat, 70–74% extraction	4.05	8.37	4.12
Wheat bran	1.82	8.37	2.35
Other cereals, refined	3.87	8.37	4.12
Starchy Fruits, Roots & Tubers			
Potatoes & starchy roots	2.78	8.37	4.03
Sugars			
Cane sugar	-	-	3.87
Glucose	-	-	3.68
Pulses, Nuts & Oil Seeds			
Mature dry	3.47	8.37	4.07
Immature	3.47	8.37	4.07
Soybean flour	3.47	8.37	4.07
Vegetables			
Mushrooms	2.62	8.37	3.48
Other underground crops[1]	2.78	8.37	3.84
Other vegetables	2.44	8.37	3.57

FACTORS USED FOR CALCULATING THE CALORIC VALUE OF FOODS (Cont'd)

Food and Description	Protein Cal/g	Fat Cal/g	Carbohydrate by difference Cal/g
Fruits			
All (except lemons, limes)	3.36	8.37	3.60
All fruit juice (except lemon, limes) unsweetened	3.36	8.37	3.92
Lemons, limes	3.36	8.37	2.48
Lemon juice & lime juice, unsweetened	3.36	8.37	2.70
Meat & Poultry[2]	4.27	9.02	-
Eggs	4.36	9.02	3.68
Fish & Shellfish[3]	4.27	9.02	-
Milk & Milk Products	4.27	8.79	3.87
Fats & Oils			
Butter	4.27	8.79	3.87
Other animal fats	-	9.02	-
Vegetable fats and oils	-	8.84	-
Miscellaneous Foods			
Alcohol[4]	-	-	-
Chocolate, cocoa	1.83	8.37	1.33
Vinegar	-	-	2.40
Yeast	3.00	8.37	3.35

[2]Carbohydrate factor, 3.87 for brain, heart, kidney, liver; 4.11 for tongue
[3]Carbohydrate factor, 4.11 for shellfish
[4]6.93 calories per gram of ingested alcohol

VARIATIONS IN FOOD COMPOSITION

Foods are unique in their individual make up yet each has some of the characteristics of others. Some foods are richer sources of nutrients than others; so foods are grouped by type of origin. Foods from the same group are used interchangeably in meal planning. The groupings given in the tables are based on FAO recommendation for compiling Food Consumption Survey data.

Very few foods have a constant composition. Foods are biological materials, and as such, show considerable variation in composition. Their values may differ as nature produces them. For example, two oranges — even from the same tree — might differ in vitamin C content. Such a difference need be of no concern for practical dietary planning. Variety, conditions of production, storage, kind and extent of processing and preparation are among the factors that affect the content of nutrients in our food supplies and in our foods prepared to eat. Values, once derived, may not apply to the foods indefinitely. New strains or varieties may be developed and changes introduced in storing conditions, processing, preserving and manufacturing. As a result, the values for the nutrients in foods change.

Manufactured foods are usually subjected to quality control and they might therefore have a constant composition. Some tolerance is permitted; so in practice, manufactured foods may be as variable in composition as some unprocessed foods.

Differences in analytical procedures may also result in differences in values particularly for estimations of dietary fibre which has now replaced most crude fibre values in the tables.

The values in the tables are mainly averages of results obtained from the analysis of representative samples of food items outside the region. The values for most of the foods are different from those in the first edition of these Tables.

RAW V/S COOKED FOODS

Most of the data are for the edible portion of raw food although most foods are eaten in the cooked form. Where raw and cooked forms are indicated, the values of some of the nutrients may be different. Values are also given for a limited range of cooked foods and ingredients are included for some prepared foods/composite dishes.

The composite dishes are modifications of those used in Puerto Rico, and were available through the Information Services of USDA. These values are solely estimates as recipes vary widely. Figures that would be tailored for a better fit to a particular item than the figures in the table can be obtained by calculation from ingredients.

CALCULATION OF NUTRIENT INTAKES

In calculating nutrient intakes decide which item in the tables corresponds with the item consumed. If there is no corresponding item use a related food, e.g., use the values for 'red kidney beans' if 'pink beans' were consumed. Check the index carefully because the food may be listed under a synonym or included in another food group.

Since the values in the tables are for the edible matter, it is necessary to apply the 'refuse as purchased' percentage to get the edible portion for the food being calculated as there needs to be adjustment for loss through wastage. For example, to find the values in 100 grams green banana (fig) as purchased:

Multiply the values per 100 gram edible in the table for green bananas, raw by (100 − 35%) = 65% or the factor 0.65.

In other words, since there is refuse, only a fraction of what is purchased is edible. If 1 kilogram (1000 grams) of bananas was purchased the values for that amount would be 6.5 times those in the tables. Adjustments for changes in weight during cooking are reflected in the values given for the composite dishes and in some software packages. Those changes may be noted in percentages or in factors. In the factorial system, 1 is used if there is no change, additions are made if there is an increase, e.g., 1.25 for a food that has absorbed 25% moisture or fat, and subtractions if there is a loss, e.g., 0.51 for fried bacon.

AVAILABILITY OF NUTRIENTS

Energy values are for metabolizable energy. That is, as utilized by the body. When foods are analyzed in a laboratory, energy values need to be adjusted to reflect how that food would be utilized in the body. Those values would be less as food is not completely burned in the body as when it is analyzed in a laboratory.

Values for available carbohydrate and unavailable carbohydrate (dietary fibre) are given but no attempt is made at giving availability figures for the other nutrients. Many foods contain unavailable forms of some nutrients, e.g., iron and nicotinic acid (vitamin B^3).

There are differences in availability of nutrients. The values in the tables represent the maximum that could be available to the body. The actual amount may be much smaller.

PROBABLE LEVELS OF ACCURACY

There are variations in the accuracy one can expect from food tables. Accuracy will depend on the appropriateness of the items in the tables. Calculated fat, sodium and iron intakes may differ greatly from analyzed values owing to variations in amounts of fat and salt used and contamination in the case of iron. Intakes of vitamin C and folate calculated from the Tables can be rather inaccurate — vitamin C being easily oxidized and folate bound, and unavailable to the body. When calculations are being done for individuals, the level of accuracy is improved when studies cover a longer period of time so that the size of the food sample considered is larger. The calculation of meals selected over 4 − 7 days would give a clearer picture of a person's energy and nutrient intake than calculations done for a single meal.

1. Cereals

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Barley *(Hordeum vulgare)*											
0101	Whole seeds, except hulls and groats	9.4	354	1481	12.5	2.3	(0.1)	0	73.5	17.3	0	1, 27
0102	Pearled or flakes	10.1	352	1473	9.9	1.2	(0.2)	0	77.7	15.6	0	1
	Corn *(Zea mays)*											
	Whole kernel, dried											
0103	Yellow	10.4	365	1527	9.4	4.7	(0.7)	0	74.3	-*	0	1, 26, 31
0104	White or red	10.3	365	1527	9.4	4.7	0	0	74.3	-	0	1
0105	Corn chips	1	558	2344	7.2	32.4	5	0	57	-	-	23, 28
	Cornmeal											
0106	Whole grain, (unsifted, raw)	12.2	353	1477	9.3	3.8	0	0	71.5	11	0	1, 29
	Degermed											
0107	Unenriched, dry form	11.6	366	1533	8.5	1.7	(0.2)	0	77.7	5.2	0	1
0108	Enriched, dry form	11.6	366	1533	8.5	1.7	(0.2)	0	77.7	5.2	0	1
0109	Immature, raw, sweet	65.2	127	538	4.1	2.4	-	-	22.6	3.2	64 - husk	1, 31
0110	Immature, boiled, sweet	65.2	123	520	4.1	2.3	-	-	23	4.7	- cob, trimmings	21
	Canned corn, wet pack											
0111	Solid and liquid	81.9	61	255	1.9	0.5	(0.1)	0	14.8	1.3	0	4
0112	Drained solid	76.9	81	339	2.6	1.0	(0.2)	0	18.6	1.3	0	4, 21
	Frozen											
0113	Kernels, cut off cob, not thawed	74.9	88	368	3.0	0.7	(0.1)	0	20.8	2.1	0	4
0114	Kernels, on cob, not thawed	71.8	98	410	3.3	0.8	(0.1)	0	23.5	-	45	4
0115	Popcorn, plain (air-popped, unsalted)	40	375	1568	12.5	tr	-	0	75	-	0	28, 29
0116	Popcorn, candied (sugar, syrup coated)	4	386	1613	5.7	2.9	0.3	0	85.7	-	0	28, 29
0117	Popcorn, popped in oil and salt	3.1	456	1915	9.8	21.8	9.7	0	59.1	10.0	0	31
	Hominy grits											
0118	Enriched, dry form	10.0	371	1553	8.8	1.2	0	0	79.6	1.6	0	1, 2
0119	Unenriched, dry form	10.0	371	1553	8.8	1.2	0	0	79.6	1.6	0	1, 2
0120	Regular, cooked	85.3	60	253	1.4	0.2	0	0	13.0	-	0	1
0121	Instant, dry	7.3	363	1520	9.2	0.7	0	0	78.2	-	0	2
0122	Instant, cooked	84.7	60	251	1.5	0.1	-	0	12.9	-	0	2

**1.4g dietary fibre in cooked or canned (Ref.31).*

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Barley *(Hordeum vulgare)*												
0101	Whole seeds, except hull and groats	33	3.6	452	12	3	-	0.65	0.29	7.8	19	0	0
0102	Pearled or flakes	29	2.5	280	9	2	2	0.19	0.11	4.6	23	0	0
	Corn *(Zea mays)*												
	Whole kernel, dried												
0103	Yellow	7	2.7	287	35	2.0	25	0.39	0.20	3.6	-	0	0
0104	White or red	7	2.7	287	35	2.0	-	0.39	0.20	3.6	-	0	0
0105	Corn chips	127	1.3	142	630	1	9	0.03	0.14	1.2	20	0	0
	Cornmeal												
0106	Whole grain, (unsifted, raw)	17	4.2	284	1	2	4	0.30	0.08	1.8	-	0	3
	Degermed												
0107	Unenriched, dry form	5	4.1	162	3	0.7	41	0.14	0.05	1.0	48	0	0
0108	Enriched, dry form	5	4.1	162	3	0.7	41	0.72	0.41	5.0	48	0	0
0109	Immature, raw, sweet	4	1.1	300	1	1	40	0.15	0.08	2.2	52	0	12
0110	Immature, boiled, sweet	4	0.9	280	1	1	40	0.20	0.08	1.7	33	0	9
	Canned corn, wet pack												
0111	Solid and liquid	4	0.4	153	253	0	12	0.03	0.06	0.9	38	0	7
0112	Drained solid	5	0.9	200	310	1	16	0.03	0.05	0.9	32	0	4
	Frozen												
0113	Kernels, cut off cob, not thawed	4	0.4	210	3	0	13	0.08	0.07	1.7	36	0	6
0114	Kernels, on cob, not thawed	4	0.7	294	5	1	25	0.10	0.09	1.7	40	0	7
0115	Popcorn, plain (air-popped, unsalted)	12	2.5	250	tr	1.7	13	0.38	0.18	2.5	9.0	0	0
0116	Popcorn, candied (sugar, syrup coated)	6	1.4	257	tr	0.7	9	0.37	0.06	1.1	3	0	0
0117	Popcorn, popped in oil and salt	8	2.1	256	1940	3	15	0.37	0.09	1.7	13	0	0
	Hominy grits												
0118	Enriched, dry form	2	3.9	137	1	0	-	0.64	0.38	5.0	5	-	-
0119	Unenriched, dry form	2	1.0	137	1	0	-	0.13	0.04	1.2	5	-	-
0120	Regular, cooked	0	0.6	22	0	0	-	0.10	0.06	0.8	1	-	-
0121	Instant, dry	33	4.5	129	1516	tr	-	0.77	0.39	5.7	4	-	-
0122	Instant, cooked	5	0.7	21	250	0	-	0.13	0.06	0.95	1	-	-

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Oats *(Avena sativa)*											
0123	Oatmeal or rolled oats, dry	8.8	384	1605	16.0	6.3	(1.1)	0	67.0	10.3	0	1
0124	Oatmeal or rolled oats, cooked	85.3	62	259	2.6	1.0	0	0	10.8	6.8	0	1, 29
	Rice *(Oryza sativa)*											
0125	Husked or brown, raw (long grain)	10.4	370	1548	8.0	3.0	(0.6)	0	77.2	3.5	0	1
	Milled, white, raw											
0126	Enriched (long grain)	11.6	365	1529	7.1	0.7	0.2	0	80.0	1.0	0	1
0127	Unenriched	11.6	365	1529	7.1	0.7	0.2	0	80.0	1.0	0	1
0128	Parboiled	10.2	371	1551	6.8	0.6	0.2	0	81.7	1.8	0	1
0129	Pre-cooked, enriched	8.1	379	1588	7.7	0.3	(0.1)	0	83.6	1.6	0	1
0130	Rice flakes, raw	12.6	346	1448	6.6	1.2	-	0	77.5	-	0	27
	Rice flour											
0131	Brown	12.0	363	1520	7.2	2.8	0.6	0	76.5	-	0	1
0132	White	11.9	366	1530	6.0	1.4	0.4	0	80.1	-	0	1
0133	Glutinous rice, milled (raw, white)	10.5	370	1551	6.8	0.6	0.1	0	81.7	-	0	1
0134	Cream rice cereal, uncooked	10.5	370	1550	6.3	0.5	-	0	82.4	0.3*	0	2
0135	Cream rice cereal, cooked	87.5	52	216	0.9	0.1	-	0	11.5	-	0	2
0136	Rice bran	6.1	316	1321	13.4	20.9	4.2	0	49.7	21.7	0	1
0137	Wild rice, raw *(Zrania spp)*	7.8	357	1495	14.7	1.1	0.2	0	74.9	5.2	0	1
0138	Wild rice, cooked	73.9	101	424	4.0	0.3	0.05	0	21.3	0.3*	0	1
	Rye *(Secale cereale)*											
0139	Flour, light	8.8	367	1534	8.4	1.4	0.1	0	80.2	14.6	0	1
0140	Wafer, whole grain	11.0	335	1403	14.8	2.5	0.3	0	69.8	-	0	1
	Sorghum *(Sorghum bicolor)*											
0141	Whole grain	9.2	339	1418	11.3	3.3	0.5	0	74.6	-	0	1

**Crude fibre*

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Oats *(Avena sativa)*												
0123	Oatmeal or rolled oats, dry	52	4.2	350	4	3	0	0.73	0.14	0.8	32	0	0
0124	Oatmeal or rolled oats, cooked	8	0.7	56	1	0.49	0	0.11	0.02	0.1	4	0	0
	Rice *(Oryza sativa)*												
0125	Husked or brown, raw (long grain)	23	1.5	223	7	2.0	0	0.40	0.10	5.1	20	0	0
	Milled, white, raw												
0126	Enriched	28	4.3	115	5	1.1	0	0.58	0.05	4.2	8	0	0
0127	Unenriched	28	0.08	115	5	1.0	0	0.07	0.05	1.6	8	0	0
0128	Parboiled	60	3.6	120	5	1.0	0	0.60	0.07	3.6	17	0	0
0129	Pre-cooked, enriched	18	4.2	18	6	1.0	0	0.62	0.06	5.5	6	0	0
0130	Rice flakes, raw	20	8.0	-	-	-	0	0.21	0.05	4.0	-	0	0
	Rice flour												
0131	Brown	11	2.0	289	8	2.5	0	0.44	0.08	6.3	16	0	0
0132	White	10	0.4	76	0	1.0	0	0.14	0.02	2.6	4	0	0
0133	Glutinous rice, milled (raw, white)	11	1.6	77	7	1.2	0	0.18	0.06	2.1	7	0	0
0134	Cream rice cereal, uncooked	24	1.3	143	6	1.0	0	0.2	0.1	3.0	29	0	0
0135	Cream rice cereal, cooked	3	0.2	20	1	tr	0	0	0	0.4	3	0	0
0136	Rice bran	57	18.5	1485	5	6.0	0	2.75	0.28	34.0	63	0	0
0137	Wild rice, raw *(Zrania spp.)*	21	2.0	427	7	6.0	2	0.12	0.26	6.7	95	0	0
0138	Wild rice, cooked	3	0.6	101	3	1.3	0	0.05	0.09	1.3	26	0	0
	Rye *(Secale cereale)*												
0139	Flour, light	21	1.8	233	2	1.8	0	tr(0.3)	tr(0.1)	tr(0.8)	22	0	0
0140	Wafer, whole grain	33	2.7	264	6	4.0	0	-	-	-	-	0	0
	Sorghum *(Sorghum bicolor)*												
0141	Whole grain	28	4.4	350	-	-	-	0.24	0.14	2.9	-	0	0

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Wheat *(Triticum aestivum)*											
0142	Flour, hard wheat	12.5	330	1381	12.3	1.8	0	0	71.7	2.3*	0	22
0143	Flour, medium wheat	14	326	1363	10.2	2.0	0	0	72.1	2.3*	0	22
0144	Flour, soft wheat	11.5	335	1402	9.4	2.0	0	0	75.4	1.9*	0	22
	Flour, all-purpose											
0145	Enriched	12.0	364	1525	10.3	1.0	0	0	76.3	2.7	0	1
0146	Unenriched	12.0	364	1525	10.3	1.0	0	0	76.3	-	0	1
	Flour, bread											
0147	Enriched	13.4	361	1512	12.0	1.7	(0.2)	0	72.5	3.4	0	1, 21
0148	Unenriched	14.0	341	1451	11.5	1.4	0	0	75.3	3.1	0	30
0149	Flour, cake, enriched	12.5	362	1515	8.2	0.9	0.1	0	78.0	-	0	1, 26
0150	Flour, counter	11.0	369	1545	10.6	1.1	0	0	76.8	-	0	26, 29
0151	Flour dumpling, fried (recipe)	36.3	363	1520	5.6	23.4	5.8	0.7	32.6	1.1	0	31
0152	Flour, self-rising, enriched	10.6	354	1482	9.9	1.0	0	0	74.2	-	0	1
0153	Flour, whole wheat (from hard wheats)	12.0	333	1393	13.3	2.0	0	0	71.0	9.6	0	1, 21, 22
0154	Biscuits, sweet	5.0	444	1858	7	17.8	8	0	64.0	-	0	26
	Bread, white											
0155	Enriched	35.8	269	1125	8.7	3.2	0	0	50.4	2.7	0	21, 22
0156	Enriched, toasted	25.3	314	1314	10.1	3.7	0	0	58.7	1.8	0	30, 22
0157	Unenriched	35.8	269	1125	8.7	3.2	0	0	50.4	2.7	0	21, 22
0158	Unenriched, toasted	25.3	314	1314	10.1	3.7	0	0	58.7	1.8	0	22, 30
0159	Bread, whole wheat	36.4	243	1017	10.5	3.0	0	0	47.7	5.1	0	21, 22
0160	Bread, whole wheat, toasted	24.3	289	1209	12.5	3.6	0	0	56.7	-	0	22
	Bread, french											
0161	Enriched	30.6	290	1213	9.1	3.0	0	0	55.4	-	0	22
0162	Enriched, toasted	19.3	338	144	10.6	3.5	0	0	64.4	-	0	22
0163	Bread crumbs, dry	6.5	392	1639	12.6	4.6	0	0	73.4	-	0	22
0164	French toast	53.0	238	1002	9.2	10.8	2.5	173	26.2	-	0	28
0165	Bulgur, dry	9.0	342	1432	12.3	1.33	0.2	0	75.9	18.3	0	1
0166	Bulgur, cooked	77.8	83	249	3.1	0.24	0	0	18.6	-	0	1
	Cakes** (cake mixes)											
0167	Chocolate	24.6	366	1531	4.8	17.2	-	-	52.0	-	0	22
0168	Chocolate with icing	22.0	369	1544	4.5	16.4	5	54	55.8	-	0	22, 28

**Crude fibre*

***Made with butter or margarine with added vitamin A.*

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Wheat *(Triticum aestivum)*												
0142	Flour, hard wheat	46	3.4	370	3	-	0	0.52	0.12	4.3	-	0	0
0143	Flour, medium wheat	42	3.5	376	3	-	0	0.43	0.11	3.6	-	0	0
0144	Flour, soft wheat	36	3.0	390	3	-	0	0.53	0.12	5.3	-	0	0
	Flour, all-purpose												
0145	Enriched	15	4.6	107	2	1	-	0.79	0.50	5.9	26	0	0
0146	Unenriched	15	1.2	107	2	1	-	0.12	0.04	1.3	26	0	0
	Flour, bread												
0147	Enriched	15	4.4	100	2	1	-	0.81	0.51	7.6	29	0	0
0148	Unenriched	15	1.5	130	3	1	0	0.10	0.03	0.7	-	0	0
0149	Flour, cake, enriched	14	7.3	105	2	1	-	0.89	0.43	6.8	19	0	0
0150	Flour, counter*	15	1.7	100	3	2	0	0.32	0.07	4.0	10	0	0
0151	Flour dumpling, fried (recipe)	119	1.8	106	492	1	28	0.20	0.21	1.9	6	tr	0
0152	Flour, self-rising, enriched	338	4.7	124	1270	1	-	0.67	0.41	5.8	42	0	0
0153	Flour, whole wheat (from hard wheats)	41	3.3	370	3	3	0	0.55	0.12	4.3	57	tr	0
0154	Biscuits, sweet	37	3.0	tr	tr	tr	tr	0.05	0.07	0.7	tr	tr	0
	Bread, white												
0155	Enriched	70	2.4	85	507	1	tr	0.25	0.17	2.3	27	tr	0
0156	Enriched, toasted	81	2.8	99	590	tr	tr	0.23	0.20	2.7	21	tr	0
0157	Unenriched	70	0.7	85	507	tr	tr	0.09	0.08	1.2	tr	tr	0
0158	Unenriched, toasted	81	0.8	99	590	tr	tr	0.08	0.09	1.4	tr	tr	0
0159	Bread, whole wheat	99	2.3	273	527	2	tr	0.26	0.12	2.8	39	tr	0
0160	Bread, whole wheat, toasted	118	2.7	325	627	tr	tr	0.25	0.15	3.4	tr	tr	0
	Bread, french												
0161	Enriched	43	2.2	90	580	tr	tr	0.28	0.22	2.5	tr	tr	tr
0162	Enriched, toasted	50	2.6	105	674	tr	tr	0.26	0.25	2.9	tr	tr	0
0163	Bread crumbs, dry	122	3.6	152	736	tr	tr	0.22	0.30	3.5	tr	tr	tr
0164	French toast	47	2.0	132	396	-	49	0.18	0.25	1.5	-	0	0
0165	Bulgur, dry	35	2.5	410	17	2	tr	0.23	0.12	5.1	27	0	0
0166	Bulgur, cooked	10	1.0	68	5	1	tr	0.06	0.03	1.0	18	0	0
	Cakes (cake mixes)												
0167	Chocolate	74	0.9	140	294	tr	150	0.02	0.10	0.2	tr	tr	tr
0168	Chocolate with icing	70	1.0	154	235	tr	160	0.02	0.10	0.2	tr	tr	0

**Values are for U.K. patent flour, unenriched.*

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0169	Fruit, light	18.7	389	1628	6.0	16.5	-	-	57.4	-	1	22
0170	Fruit, dark	18.1	379	1586	4.8	15.3	-	-	59.7	-	0	22
0171	Plain (without icing)	24.5	364	1522	4.5	13.9	4	71	55.9	-	0	28, 22
0172	Plain with chocolate icing	21.4	368	1540	4.2	13.9	4	52	59.4	-	0	22, 28
0173	Yellow	23.5	363	1519	4.5	12.7	-	-	58.2	-	0	28
0174	Yellow with chocolate icing	21.2	365	1527	4.2	13.0	8	55	60.4	-	0	22
0175	Devil's food cake - dry form	3.9	406	1699	4.8	11.7	-	-	77.0	-	0	22
0176	Cheese cake	46.0	302	1266	5.4	19.2	11	185	28.5	-	0	28
0177	Crackers, butter	4.6	458	1916	7.0	17.8	-	-	67.3	-	0	22
0178	Cracker, cheese	3.9	476	2004	11.2	21.3	9	60	60.4	-	0	22, 28
0179	Crackers, saltine	4.3	433	1812	9.0	12.0	4	0	71.5	-	0	22
0180	Crackers, soda	4.0	439	1837	9.2	13.1	-	-	70.6	-	0	22
0181	Crackers, whole wheat	6.9	403	1686	8.4	13.8	6	0	68.2	-	0	28
0182	Croissants	22.0	412	1722	8.8	21.0	6	23	47.4	-	0	28
0183	Danish pastry, without fruits/nuts	27.0	384	1612	6.2	20.9	6	86	44.7	-	0	28
0184	Doughnuts* cake type	23.7	391	1636	4.6	18.6	6	40	51.4	-	0	22, 28
0185	Doughnuts, yeast leavened	28.3	414	1732	6.3	26.7	8	34	37.7	-	0	22
0186	Egg noodle, cooked, enriched	68.7	133	555	4.8	1.5	0	33	24.8	2.2	0	1
0187	Egg noodle, dry enriched	9.7	381	1597	14.0	4.2	0.9	95	71.1	2.7	0	1
0188	English muffins, plain, enriched	42.0	246	1028	8.8	1.8	1	37	45.6	-	0	28
	Farina											
0189	Enriched, cooked	87.9	50	209	1.4	0.1	0	0	10.6	1.4	0	1
0190	Enriched, dry	10.5	369	1543	10.6	0.5	0	0	78.0	2.7	0	1
0191	Unenriched, cooked	87.9	50	209	1.4	0.1	0	0	10.6	-	0	1
0192	Unenriched, dry	10.5	369	1543	10.6	0.5	0	0	78.0	-	0	1
0193	Pancake from mix	54	222	932	7.4	7.4	2.0	59	29.6	-	0	28
0194	Semolina, plain	13.5	348	1462	13.7	0.8	-	0	65.9	5.0	0	18
0195	Semolina, enriched	11.9	300	1260	18.2	4.3	-	-	55.2	-	0	18
0196	Rolls, white, soft	28.8	305	1291	9.8	7.3	-	-	53.6	2.9	0	21
	Spaghetti, macaroni											
0197	Enriched, cooked	66.0	141	590	4.8	0.7	tr	0	28.3	1.6	0	1
0198	Enriched, dry	10.3	371	1553	12.8	1.6	tr	0	74.7	2.4	0	1
0199	Unenriched, cooked	66.0	141	590	4.8	0.7	tr	0	28.3	1.6	0	1
0200	Unenriched, dry	10.3	371	1553	12.8	1.6	tr	0	74.7	2.4	0	1

**Based on product made from enriched flour.*

1. Cereals *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0169	Fruit, light	68	1.6	233	193	tr	70	0.10	0.11	0.7	tr	tr	0
0170	Fruit, dark	72	2.6	496	158	tr	120	0.13	0.14	0.8	tr	tr	0
0171	Plain (without icing)	64	0.4	79	300	tr	170	0.02	0.09	0.2	tr	tr	tr
0172	Plain with chocolate icing	63	0.6	114	229	tr	180	0.02	0.09	0.2	tr	tr	0
0173	Yellow	71	0.4	78	258	tr	150	0.02	0.08	0.2	tr	tr	tr
0174	Yellow with chocolate icing	68	0.6	108	208	tr	160	0.02	0.08	0.2	tr	tr	tr
0175	Devil's food cake	80	1.2	121	457	tr	tr	0.03	0.08	0.5	tr	tr	tr
0176	Cheese cake	56	0.5	98	222	-	75	0.03	0.13	0.5	-	-	5
0177	Crackers, butter	148	0.6	113	1092	tr	220	0.01	0.04	1.0	tr	tr	0
0178	Cracker, cheese	336	0.9	109	1039	tr	360	0.01	0.10	0.8	tr	tr	0
0179	Crackers, Saltine	21	1.2	120	1100	tr	tr	0.01	0.04	1.0	tr	tr	0
0180	Crackers, soda	22	1.5	120	1100	tr	tr	0.01	0.05	1.0	tr	tr	0
0181	Crackers, whole wheat	23	0.3	212	863	tr	tr	0.06	0.04	0.9	tr	tr	0
0182	Croissants	35	3.7	119	793	-	23	0.30	0.23	2.3	-	-	0
0183	Danish pastry, without fruits/nuts	106	2.0	93	383	-	29	0.28	0.30	2.5	-	-	tr
0184	Doughnuts, cake type	40	1.4	90	501	tr	80	0.16	0.16	1.2	tr	tr	tr
0185	Doughnuts, yeast leavened	11	1.5	80	234	tr	60	0.16	0.17	1.3	tr	tr	0
0186	Egg noodle, cooked, enriched	12	1.6	28	7	1	6	0.19	0.08	1.5	7	0.1	0
0187	Egg noodle, dry enriched	31	4.5	234	21	tr	18	1.1	0.48	8.0	29	0.4	0
0188	English muffins, plain, enriched	30	2.5	112	389	-	tr	0.49	0.21	3.2	-	-	0
	Farina												
0189	Enriched, cooked	2	0.5	13	0	tr	-	0.08	0.05	0.6	2	-	0
0190	Enriched, dry	14	3.7	94	3	1	-	0.57	0.36	4.0	24	-	0
0191	Unenriched, cooked	2	0	13	0	0	-	0.01	0.01	0.1	-	-	0
0192	Unenriched, dry	14	1.5	94	3	1	-	0.06	0.10	0.7	24	-	0
0193	Pancake from mix	219	1.5	244	463	-	63	0.15	0.19	0.7	-	-	0
0194	Semolina, plain	12	0.8	49	tr	-	0	-	-	(7.8)	-	0	0
0195	Semolina, enriched	12	1.0	139	tr	-	-	(0.35)	(2.35)	-	-	0	0
0196	Rolls, white, soft*	120	1.8	110	630	1	0	0.25	0.08	1.4	27	0	0
	Spaghetti, macaroni												
0197	Enriched, cooked	7	1.4	31	1	1	-	0.20	0.10	1.67	7	0	0
0198	Enriched, dry	18	3.9	162	7	1	0	1.03	0.44	7.51	18	0	0
0199	Unenriched, cooked	7	0.5	31	1	1	-	0.02	0.02	0.40	7	0	0
0200	Unenriched, dry	18	1.3	162	7	1	-	0.09	0.06	1.70	18	0	0

**Calcium - fortified flour (U.K.)*

1. **Cereals** *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0201	Wheat bran, crude commercially milled	9.9	216	902	15.6	4.3	1.0	0	64.5	42.4	0	1
0202	Wheat germ, crude commercially milled	11.1	360	1508	23.2	9.7	2.0	0	51.8	15.0	0	1
	Dried Breakfast Cereals											
0203	All bran	3	249	1044	14.3	1.8	-	0	74.4	29.9	0	2
0204	Cornflakes, added nutrients	2.6	389	1627	8.1	0.3	-	0	86.1	1.1	0	2
0205	Cornflakes, low sodium	3	399	1668	7.7	0.3	-	-	88.8	-	0	2
0206	Bran flakes, Kellogg's	3.2	326	1366	12.6	1.9	-	-	78.3	14.1	0	2
0207	Granola	3.3	487	2039	12.3	27.2	5	-	55.2	10.5	0	2
0208	Frosted rice krispies	2.6	383	1602	4.8	0.3	-	0	90.5	0.2	0	2
0209	Puffed rice	3.0	402	1688	6.3	0.5	-	-	89.8	0.5*	0	2
0210	Puffed wheat	3.0	364	1529	14.7	1.2	0	0	79.6	3.4	0	2
0211	Raisin bran, Kellogg's	8.3	312	1307	10.8	2.0	-	-	75.5	10.8	0	2

Crude fibre

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0201	Wheat bran, crude commercially milled	73	10.6	1182	2	7	-	0.52	0.58	13.6	79	0	0
0202	Wheat germ, crude commerically milled	39	6.3	892	12	12	-	1.88	0.50	6.8	281	0	0
	Dried Breakfast Cereals												
0203	All bran	81	15.9	1234	1128	13	1324	1.30	1.50	17.6	353	-	53
0204	Cornflakes, added nutrients	3	6.3	92	1238	0.3	1324	1.30	1.50	17.6	353	-	53
0205	Cornflakes, low sodium	43	2.2	73	10	tr	-	0.01	0.18	0.4	-	-	-
0206	Bran flakes, Kellogg's	49	28.6	635	931	13	1324	1.30	1.50	17.6	353	5.3	0
0207	Granola	62	4.0	502	10	4	-	0.60	0.25	1.8	81	-	0
0208	Frosted rice crispies	4	6.3	74	845	1	1324	1.30	1.50	17.6	353	-	53
0209	Puffed rice	6	1.1	113	3	1	-	0.11	0.10	3.0	19	0	0
0210	Puffed wheat	28	4.7	348	4	2	-	0.20	0.23	10.8	32	-	-
0211	Raisin bran, Kellogg's	35	12.2	520	730	10	1017	1.00	1.20	13.6	271	4.1	-

2. Starchy Fruits, Roots & Tubers

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Arrowroot *(Maranta arundinacea)*											
0212	Fresh root	57.2	157	656	2.4	0.1	-	0	39.0	1.9*	20 parings	26
0213	Flour	15.0	340	1421	0.2	-	-	0	85	-	0	26
	Banana *(Musa sapientum)*											
0214	Green (fig)	74.5	89	379	1.2	-	0	0	22.4	2.2	35 skin	27
0215	Ripe	74.3	92	384	1.0	0.5	0.2	0	23.4	1.4	35	5
0216	Flour, commercial	3.0	346	1448	3.9	1.8	0.7	0	88.3	1.9*	0	5, 26
	Breadfruit *(Artocarpus altilis)*											
0217	Fresh fruit, raw	70.7	103	432	1.1	0.2	-	0	27.1	1.5*	9 Core	5
0218	Fresh fruit, cooked/boiled	66.9	114	478	1.2	0.3	0.1	0	30.0	4.9	13 Skin	31
0219	Fresh fruit, fried**	54.8	223	936	1.2	12.3	0.6	0	30.6	5.0	0	31
	Cassava *(Manihot esculenta)*											
0220	Fresh root, raw	68.5	120	504	3.1	0.4	0.1	0	26.9	2.5*	25} Skin	4, 26
0221	Fresh root, cooked	67.8	120	504	3.1	0.4	0.1	0	27.0	0.1	0 } & trim-	31
0222	Starch, tapioca	12.6	352	1478	0.6	0.2	-	0	86.4	-	0 } mings	26, 30
0223	Meal and flour	14.0	338	1419	1.5	0.6	-	0	81.3	-	0 }	26
	Eddo, Dasheen, Taro *(Colocasia spp.)*											
0224	Fresh tuber, raw	70.6	107	450	1.5	0.2	0	0	26.5	0.8*	14	4
0225	Tuber, cooked	63.8	142	593	0.5	0.1	0	0	34.6	0.9*	0	4
0226	Tuber, fried**	41.9	248	1041	0.6	8.7	2.2	0	41.9	6.2	0	31
	Leaves, raw - see item 0388											
	Leaves, steamed - see item 0389											
	Plantain *(Musa paradisiaca)*											
0227	Green, raw	62.6	132	540	1.2	0.1	0	0	35.3	1.3	31	26, 30
0228	Green, fried slices**	47.7	238	-	1.5	11.8	1.6	0	35.8	2.6	0	31
0229	Ripe, raw	65.3	122	512	1.3	0.4	0	0	31.9	0.5*	35 skin,stem	5
0230	Ripe, cooked	67.3	116	485	0.8	0.2	0	0	31.2	-	0	5
0231	Flour, commercial	13.7	305	1280	2.8	0.4	0	0	81.2	1.3*	0	26

**Crude fibre*

***100g raw product/10g vegetable/corn oil*

2. Starchy Fruits, Roots & Tubers *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Arrowroot *(Maranta arundinacea)*												
0212	Fresh root	20	3.2	-	-	-	0	0.08	0.03	0.7	-	-	9
0213	Flour	7	1.0	-	-	-	0	0	0	0	tr	0	0
	Banana *(Musa sapientum)*												
0214	Green, raw	5	0.2	400	2	0.2	12	0.03	0.02	0.4	6.0	0	14
0215	Ripe	6	0.3	396	1	0.2	8	0.05	0.10	0.5	19	0	9
0216	Flour, commercial	10	1.4	1491	3	0.6	30	0.04	0.07	0.8	-	0	7
	Breadfruit *(Artocarpus altilis)*												
0217	Fresh fruit, raw	17	0.5	490	2	0.1	4	0.11	0.03	0.9	-	0	29
0218	Fresh fruit, cooked/boiled	18	0.6	488	260*	0.1	4	0.10	0.03	0.9	10	0	24
0219	Fresh fruit, fried	19	0.6	554	2.3	0.1	5	0.10	0.03	1.0	12	0	26
	Cassava *(Manihot esculenta)*												
0220	Fresh root, raw	91	3.6	764	8	-	1	0.23	0.10	1.4	-	0	48
0221	Fresh root, cooked	67	3.4	690	241*	0.2	1	0.18	0.09	1.3	14	0	31
0222	Starch, tapioca	8	0.3	20	4	-	0	tr	tr	tr	tr	0	0
0223	Meal and flour	12	1.0	-	-	-	-	0	0	1.0	-	0	0
	Eddo, Dasheen, Taro *(Colocasia spp.)*												
0224	Fresh tuber, raw	43	0.6	591	11	-	0	0.10	0.03	0.6	-	0	5
0225	Tuber, cooked	18	0.7	484	15	-	0	0.11	0.03	0.5	-	0	5
0226	Tuber, fried	22	0.9	587	300*	-	0	0.10	0.03	0.6	5	0	5
	Leaves, raw - see item 0388												
	Leaves, steamed - see item 0389												
	Plantain *(Musa paradisiaca)*												
0227	Green, raw	9	0.5	500	4	0.1	60	0.10	0.05	0.7	22	0	15
0228	Green, fried slices	5	0.7	505	740**	0.2	95	0.05	0.06	0.7	12	0	14
0229	Ripe, raw	3	0.6	499	4	0.1	113	0.05	0.05	0.7	22	0	18
0230	Ripe, cooked	2	0.6	465	5	0.1	91	0.05	0.05	0.8	26	0	11
0231	Flour, commercial	22	1.3	-	-	-	65	0.09	0.07	1.3	-	0	0

**Salt added 0.6g per 100g raw fresh product.*
***Salt added 1.6g per 100g raw fresh product.*

2. Starchy Fruits, Roots & Tubers *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Potato, Irish *(Solanum tuberosum)*											
0232	Fresh tuber, raw	79.0	79	331	2.1	0.1	0	0	18.0	0.4*	25	4
0233	Fresh tuber, cooked in skin	77.0	87	365	1.0	0.1	0	0	20.1	0.3*	9	4
0234	Fresh tuber, cooked without skin	77.5	86	361	1.9	0.1	0	0	20.0	0.4*	0	4
0235	Baked, flesh	75.4	93	390	2.0	0.1	0	0	21.6	0.4*	23	4
0236	French fries (frozen unprepared)	65.2	164	687	2.6	6.5	3.1	0	25.0	0.5*	0	4
0237	French fries (cooked in veg. oil) frozen	38.0	315	1319	4.0	16.6	5.0	0	39.6	0.8*	0	4
0238	Potato chips	2.5	523	2188	6.4	32.4	9.1	0	51.2	1.4	0	4
	Potato, Sweet *(Ipomoea batatas)*											
0239	Fresh tuber, raw	72.8	105	439	1.7	0.3	0.1	0	24.3	2.1	28	4
0240	Fresh tuber, cooked in skin	72.9	103	433	1.7	0.1	0	0	24.3	1.8	22	4
0241	Fresh tuber, cooked without skin	72.9	105	439	1.7	0.3	0.1	0	24.3	0.9*	0	4
	Leaves, raw - see item 0417											
	Leaves, steamed - see item 0418											
	Yam, Yample *(Dioscorea spp.)*											
0242	Fresh root, raw	69.6	118	494	1.5	0.2	0	0	27.9	-	14	4
0243	Fresh root, cooked	70.1	116	487	1.5	0.1	0	0	27.6	-	0	4
0244	Flour	18.0	317	1330	3.5	0.3	0	0	75.0	1.5*	0	26
	Yambean *(Pachyrhizus erosus*											
0245	Fresh root, raw	89.2	41	171	1.4	0.2	-	0	8.8	0.7*	8	4
0246	Fresh root, cooked	87.9	46	191	1.2	0.2	-	0	10.4	1.1*	0	4
	Yautia, Tannia, Coco *(Xanthosoma spp.)*											
0247	Fresh root, raw	65.0	133	558	2.0	0.3	0	0	31.0	1.0	20	26

**Crude fibre*

2. Starchy Fruits, Roots & Tubers *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Potato, Irish *(Solanum tuberosum)*												
0232	Fresh tuber, raw	7	0.8	543	6	0.4	-	0.90	0.04	1.5	12.8	0	20
0233	Fresh tuber, cooked in skin	5	0.3	379	4	0.3	-	0.11	0.02	1.4	10.0	0	13
0234	Fresh tuber, cooked without skin	8	0.3	328	5	0.3	-	0.10	0.02	1.3	8.9	0	7
0235	Baked, fresh	5	0.4	391	5	0.3	-	0.12	0.02	1.4	9.1	0	13
0236	French fries (frozen unprepared)	6	1.0	338	23	0.3	-	0.11	0.02	1.8	15.2	0	10
0237	French fries (cooked in veg. oil)	19	0.8	732	216	0.4	-	0.18	0.03	3.3	29.0	0	10
0238	Potato chips	24	1.2	1298	469	1.1	-	0.12	0.02	4.2	45.2	0	42
	Potato, Sweet *(Ipomoea batatas) [deep orange-coloured varieties]*												
0239	Fresh tuber, raw	22	0.6	204	13	-	2006	0.07	0.15	0.7	13.8	0	23
0240	Fresh tuber, cooked in skin	28	0.5	348	10	0.3	2182	0.07	0.13	0.6	22.6	0	25
0241	Fresh tuber, cooked without skin	21	0.6	184	13	0.3	1705	0.06	0.14	0.5	11.1	0	17
	Leaves, raw - see item 0417												
	Leaves, steamed - see item 0418												
	Yam, Yample *(Dioscorea spp.)*												
0242	Fresh root, raw	17	0.5	816	9	0.2	0	0.11	0.03	0.8	23	0	17
0243	Fresh root, cooked	14	0.5	670	8	0.2	0	0.10	0.3	0.6	16.0	0	12
0244	Flour	20	10.0	-	-	-	0	0.15	0.10	1.0	0	0	0
	Yambean *(Pachyrhizus erosus)*												
0245	Fresh root, raw	15	0.6	175	6	-	0	0.04	0.03	0.3	-	0	20
0246	Fresh root, cooked	16	0.3	181	6	-	0	0.04	0.03	0.3	-	0	16
	Yautia, Tannia, Coco *(Xanthosoma spp.)*												
0247	Fresh root, raw	20	1.0	-	-	-	-	0.10	0.03	0.5	-	-	10

3. Sugars and Syrups

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Sugars											
0248	Dark brown, crude	2.1	373	1560	0	0	0	0	96.4	0	0	22
0249	Light brown, Demarara	tr	394	1681	0.5	0	0	0	99.3	0	0	30
	White, refined											
0250	Granulated	0.5	385	1611	0	0	0	0	99.5	0	0	22
0251	Powdered, confectionery	0.5	385	1611	0	0	0	0	99.5	0	0	22
	Dextrose or glucose											
0252	Anhydrous	0.5	366	1530	0	0	0	0	99.5	0	0	22
0253	Crystalized	9.0	335	1400	0	0	0	0	91.0	0	0	22
0254	Refined	10.0	331	1385	0	0	0	0	90.0	0	0	22
	Syrups											
	Molasses, cane											
0255	Light	24.0	252	1054	0	0	0	0	65.0	0	0	22
0256	Medium	24.0	232	971	0	0	0	0	60.0	0	0	22
0257	Blackstrap	24.0	213	891	0	0	0	0	55.0	0	0	22
	Syrups											
0258	Cane	26.0	263	1100	0	0	0	0	68.0	0	0	22
0259	Maple	33.0	252	1054	0	0	0	0	65.0	0	0	22
0260	Corn	24.0	290	1213	0	0	0	0	75.0	0	0	22
0261	**Sugarcane Juice** *(Saccharum officinarum)*	81.0	73	305	0.3	0	0	0	18.0	0	0	26
0262	**Honey**	17.1	304	1273	0.3	0.3	0	0	82.4	0	0	23
0263	**Jams and Preserves**	34.5	242	1013	0.7	0.2	0	0	64.4	1.2	0	23
0264	**Jellies**	28.4	271	1135	0.4	0.1	0	0	70.8	0.6	0	23
0265	**Marmalades, Citrus**	33.2	246	1031	0.3	0	0	0	66.3	-	0	23

3. Sugars and Syrups *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Sugars												
0248	Dark brown, crude	85	3.4	344	30	-	0	0.01	0.03	0.2	-	0	0
0249	Light brown, Demarara	53	0.9	89	6	-	0	tr	tr	tr	tr	0	0
	White, refined												
0250	Granulated	0	0.1	3	1	-	0	0	0	0	0	0	0
0251	Powdered, confectionery	0	0.1	3	1	-	0	0	0	0	-	-	0
	Dextrose or glucose												
0252	Anhydrous	-	-	-	-	-	0	0	0	0	-	-	0
0253	Crystallized	-	0	-	-	-	0	0	0	0	-	-	0
0254	Refined	2	0.1	-	-	-	0	0	0	0	-	-	0
	Syrups												
	Molasses, cane												
0255	Light	165	4.3	917	15	-	-	0.07	0.06	0.2	-	-	-
0256	Medium	290	6.0	1063	37	-	-	-	0.12	1.2	-	0	-
0257	Blackstrap	684	16.1	2927	96	-	-	0.11	0.19	2.0	-	0	-
	Syrups												
0258	Cane	60	3.6	-	-	-	0	0.13	0.06	0.1	-	0	0
0259	Maple	104	1.2	-	-	-	0	0	0	0	-	0	0
0260	Corn	46	4.1	-	-	-	0	0.01	0.01	0.02	-	0	0
0261	**Sugarcane Juice** *(Saccharum officinarum)*	6	2.0	-	-	-	0	0.02	0.02	0.1	-	0	-
0262	**Honey**	6	0.4	52	4	0.2	0	0	0.04	0.1	-	0	0.5
0263	**Jam and Preserves**	20	0.5	77	40	0.06	1	0	-	0.04	33	0	8.8
0264	**Jellies**	8	0.2	64	36	0.04	2	0	-	0.04	-	0	0.9
0265	**Marmalades, Citrus**	38	0.2	37	56	0.04	5	0.01	-	0.05	-	0	4.8

3. Sugars and Syrups *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Candy											
0266	Butterscotch	0.8	395	1651	0.1	3.5	0	0	95.3	-	0	23
0267	Caramels, plain or chocolate	7.6	399	1668	4.0	10.2	0	0	76.6	1.2	0	22, 23
0268	Chocolate, fudge	8.2	400	1674	2.7	12.2	0	0	75.0	0.2*	0	22
	Chocolate, milk											
0269	Plain	0.9	520	2176	7.7	32.3	0	0	56.9	2.8	0	22, 23
0270	With almonds	1.5	532	2226	9.3	35.6	0	0	51.3	6.2	0	22, 23
0271	Chocolate, sweet	0.9	528	2209	4.4	35.1	0	0	57.9	0.5*	0	22
0272	Marshmallows	17.3	319	1333	2.0	tr	0	0	80.4	0.0	0	22
0273	**Chewing Gum**	3.5	317	1330	-	-	0	0	95.2	-	0	26
0274	**Malt Extract,** dried	3.2	367	1535	6.0	tr	0	0	89.2	0	0	26

**Crude fibre*

3. Sugars and Syrups *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Candy												
0266	Butterscotch	3	0.07	4	43	0.03	34	0.0	0.02	0.01	0	0.01	0
0267	Caramels, plain or chocolate	148	1.4	192	226	-	10	0.03	0.17	0.2	-	0	tr
0268	Chocolate, fudge	77	1.0	147	190	-	tr	0.02	0.09	0.2	-	-	tr
	Chocolate, milk												
0269	Plain	228	1.1	384	94	-	270	0.06	0.34	0.3	-	-	tr
0270	With almonds	229	1.6	442	80	-	230	0.08	0.41	0.8	-	-	tr
0271	Chocolate, sweet	94	1.4	269	33	-	10	0.02	0.14	0.3	-	-	tr
0272	Marshmallows	18	1.6	6	39	-	0	0.00	tr	tr	-	0	0
0273	**Chewing Gum**	-	-	-	-	-	0	0	0	0	-	0	0
0274	**Malt Extract,** dried	48	8.7	-	-	-	-	0.36	0.45	9.6	-	-	-

4. Pulses, Nuts and Oil Seeds

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Beans											
	Broad bean *(Vicia faba)*											
0275	Whole seeds, dry	11.0	341	1425	26.1	1.5	0.3	0	58.3	14.5	0	19
0276	Whole seeds, cooked	71.5	110	459	7.6	0.4	0	0	19.7	5.1	0	19
0277	Flour	11.1	343	1450	24.4	1.8	-	0	59.7	3.4*	0	26
	Butter bean, Indian, Banner bean, Bonavist *(Lablab purpureus)*											
0278	Whole seeds, dry	13.1	334	1403	22.1	1.0	-	0	61.2	7.9*	0	26
	Horse bean, Jack bean *(Canavalia ensiformis)*											
0279	Whole seeds, dry	12.0	331	1384	25.4	1.3	-	0	57.1	4.9*	0	26
	Lima bean, Sugar bean, Butter bean White bean *(Phaseolus lunatus)*											
	Whole seeds, dry											
0280	With skin, raw	12.0	336	1404	20.7	1.2	-	0	62.4	11.1	0	4, 26
0281	Without skin	12.2	337	1395	21.6	1.4	-	0	61.8	1.0*	0	26
0282	Baked, canned in tomato sauce	73.6	64	270	5.1	0.5	0	0	10.3	7.3	0	21
0283	Canned, reheated, drained	74.0	77	327	5.9	0.5	0.1	0	13.0	4.6	0	33
	Green, immature											
0284	Fresh, raw	70.2	113	473	6.8	0.9	0	0	20.2	4.9	56 - pods	4
0285	Cooked, drained	67.2	123	513	6.8	0.3	0	0	23.6	5.4	0	4
0286	Canned, drained	80.0	75	313	4.6	0.3	0	0	13.9	5.2	0	4
0287	Frozen, cooked, drained	73.5	100	420	6.1	0.3	0	0	18.8	1.9*	0	4
	Mung bean *(Phaseolus aureus, P. mungo)*											
0288	Whole seeds, dry	11.0	279	1188	23.9	1.1	0.3	0	46.3	10.0	0	30
0289	Whole seeds, cooked	69.3	91	389	7.6	0.4	0.1	0	15.3	3.0	0	30
	Red peas, kidney bean *(Phaseolus vulgaris)*											
0290	Whole seeds, dry, raw	11.8	337	1408	22.5	1.1	0.2	0	61.3	10.4	0	19
0291	Whole seeds, cooked	66.9	127	532	8.7	0.5	0.1	0	22.8	3.6	0	19
0292	Canned, not drained	77.4	85	354	5.2	0.3	0.1	0	15.6	0.9*	0	19
	Blackeye peas, cowpea *(Vigna unguiculata)*											
0293	Whole seeds, dry	11.9	336	1408	23.5	1.3	0.3	0	60.0	4.6*	0	19

**Crude fibre*

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Beans												
	Broad bean *(Vicia faba)*												
0275	Whole seeds, dry	103	6.7	1062	13	3.1	5	0.56	0.33	2.8	423	0	1
0276	Whole seeds, cooked	36	1.5	268	5	1.0	2	0.10	0.09	0.7	104	0	0.3
0277	Flour	66	6.3	-	-	-	-	0.42	0.28	2.7	-	0	4
	Butter bean, Indian, Banner bean, Bonavist *(Lablab purpureus)*												
0278	Whole seeds, dry	46	7.3	-	-	-	-	0.44	0.12	1.5	-	0	-
	Horse bean, Jack bean *(Canavalia ensiformis)*												
0279	Whole seeds, dry	96	4.9	-	-	-	-	0.46	0.15	2.1	-	0	0
	Lima bean, Sugar bean, Butter bean White bean *(Phaseolus lunatus)*												
	Whole seeds, dry												
0280	With skin, raw	113	4.8	1724	18	-	-	0.34	0.21	2.2	-	0	0
0281	Without skin	38	5.2	-	-	-	0	0.55	0.21	2.2	-	0	0
0282	Baked, canned in tomato sauce	45	1.4	300	480	0.7	0	0.07	0.05	0.5	29	0	0
0283	Canned, reheated, drained	15	1.5	290	420	0.6	0	0.05	0.03	0.2	12	0	tr
	Green, immature												
0284	Fresh, raw	34	3.1	467	8	0.8	30	0.2	0.10	1.5	-	0	23
0285	Cooked, drained	32	2.5	570	17	0.8	37	0.14	0.10	1.0	-	0	10
0286	Canned, drained	28	1.6	269	249	0.6	17	0.03	0.04	0.5	-	0	9
0287	Frozen, cooked, drained	22	1.4	408	53	0.4	19	0.07	0.06	1.1	-	-	13
	Mung bean *(Phaseolus aureus, P. mungo)*												
0288	Whole seeds, dry	89	6.0	1250	12	2.7	4	0.36	0.26	2.1	140	0	tr
0289	Whole seeds, cooked	24	1.4	270	2	0.9	2	0.09	0.07	0.5	35	0	tr
	Red peas, kidney bean *(Phaseolus vulgaris)*												
0290	Whole seeds, dry	83	6.7	1359	12	2.8	1	0.6	0.2	2.1	394	0	4.5
0291	Whole seeds, cooked	28	2.9	403	2	1.1	0	0.16	0.06	0.6	130	0	1.2
0292	Canned, not drained	24	1.2	257	341	0.6	0	0.11	0.09	0.5	51	0	1
	Blackeye peas, cowpea *(Vigna unguiculata)*												
0293	Whole seeds, dry	110	8.3	1112	16	3.4	5	0.85	0.23	2.1	633	0	2

4. Pulses, Nuts and Oil Seeds *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0294	Whole seeds, cooked	70.0	116	484	7.7	0.5	0.1	0	20.8	2.6	0	19
0295	Immature seeds, raw	66.8	127	531	9.0	0.8	0.2	0	21.8	1.8*	49	4
	Immature pods, raw and cooked - see items 0362 & 0363											
	Chickpea *(Cicer arietinum)*											
0296	Whole seeds, dry	11.5	364	1525	19.3	6.0	0.6	0	66.7	6.4	0	19
	Lentils *(Lens culinaris)*											
0297	Whole seeds, dry	11.2	338	1413	28.1	1.0	0.1	0	57.1	11.4	0	19
	Lupins *(Luppinus albus)*											
0298	Whole seeds, dry	10.4	371	1554	36.2	9.7	1.2	0	40.4	13.8*	0	19
	Peas, green pea *(Pisum sativum)*											
0299	Whole seeds, dry	10.8	342	1412	20.4	1.4	-	0	63.7	7.0	0	24
	Split pea without seed coat											
0300	Raw	11.3	341	1425	24.6	1.2	0.2	0	60.4	5.6	0	19
0301	Cooked	69.5	118	494	8.3	0.4	0.1	0	21.1	2.0	0	19
	Green immature											
0302	Fresh, raw	78.8	81	339	5.4	0.4	0.1	0	14.5	3.4	62	19
0303	Canned, solids and liquid	86.9	49	205	3.0	0.3	0.1	0	9.0	1.8	0	19
0304	Frozen, cooked, drained	79.5	78	327	5.2	0.3	0.0	0	14.3	3.8	0	19
	Pigeon peas, Congo peas, Gungo peas *(Cajanus cajan)*											
0305	Whole seeds, dry	10.6	343	1436	21.7	1.5	0.3	0	62.8	13.5	0	19
0306	Immature, fresh, green	65.9	136	569	7.2	1.6	0.4	0	23.9	2.7*	Pods-52%	19
	Soybean *(Glycine max)*											
0307	Whole seeds, raw, dry	8.5	416	1742	36.5	19.9	2.9	0	30.2	12.5	0	19
0308	Whole seeds, boiled	62.6	173	725	16.6	9.0	1.3	0	9.9	2.0*	0	19
0309	Whole seeds, roasted	2.0	471	1972	35.2	25.4	3.7	0	33.6	4.6	0	19
0310	Soy flour, full fat, raw	5.2	436	1824	34.5	20.7	3.0	0	35.2	4.7*	0	19
0311	Soy flour, low fat, partially defatted	7.3	329	1379	47.0	1.2	0.1	0	38.4	4.3*	0	19
0312	Soya milk, fluid	93.3	33	137	2.8	1.9	0.2	0	1.8	-	0	19
	Soya Sauce - see item 0882											
0313	Tofu, raw, regular	84.6	76	317	8.1	4.8	0.7	0	1.9	0.5	0	19
	Peanuts *(Arachis hypogaea)*											
0314	Raw, with skin, dried	6.6	567	2370	25.7	49.2	6.8	0	16.2	5.9	27, shells	19, 6
0315	Raw, without skin, plain	6.3	564	2341	25.6	46.1	8.2	0	12.5	6.2	0	30

**Crude fibre*

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0294	Whole seeds, cooked	24	2.5	278	4	1.3	2	0.2	0.06	0.5	208	0	0.4
0295	Immature seeds, raw	26	1.1	432	4	1.0	82	0.1	0.14	1.4	168	0	2.5
	Immature pods, raw & cooked - see items 0362 & 0363												
	Chickpea *(Cicer arietinum)*												
0296	Whole seeds, dry	105	6.2	875	24	3	7	0.48	0.21	1.5	557	0	4
	Lentils *(Lens culinaris)*												
0297	Whole seeds, dry	51	9.0	905	10	4	4	0.48	0.25	2.6	433	0	6
	Lupins *(Luppinus albus)*												
0298	Whole seeds, dry	176	4.4	1013	15	5	-	0.64	0.22	2.2	-	0	0
	Peas, green pea *(Pisum sativum)*												
0299	Whole seeds, dry	107	8	981	26	-	80	0.32	0.16	3.0	-	0	-
	Split pea without seed coat												
0300	Raw	55	4.4	981	15	3	15	0.71	0.22	2.9	274	0	1.8
0301	Cooked	14	1.3	362	2	1	1	0.19	0.06	0.9	65	0	0.4
	Green immature												
0302	Fresh, raw	25	1.5	244	5	1.2	64	0.27	0.13	2.1	65	0	40
0303	Canned, solids and liquid	18	1.1	87	274	1	38	0.11	0.07	2.2	29	0	11
0304	Frozen, cooked, drained	24	1.6	168	87	1	67	0.28	0.10	1.5	59	0	10
	Pigeon peas, Congo peas, Gungo peas *(Cajanus cajan)*												
0305	Whole seeds, dry	130	5.2	1392	17	2.8	3	0.64	0.19	3.0	456	0	0
0306	Immature, fresh	42	1.6	552	5	-	14	0.4	0.17	2.2	-	0	39
	Soybean *(Glycine max)*												
0307	Whole seeds, raw, dry	277	15.7	1797	2	4.9	2	0.87	0.87	1.6	375	0	6
0308	Whole seeds, boiled	102	5.1	515	1	1.2	1	0.16	0.29	0.4	54	0	2
0309	Whole seeds, roasted	138	3.9	1470	163	3.1	20	0.10	0.15	1.4	211	0	2
0310	Soy flour, full fat, raw	206	6.4	2515	13	3.9	12	0.58	1.20	4.3	345	0	0
0311	Soy flour, low fat, partially defatted	241	9.2	2384	20	2.5	4	0.70	0.25	2.6	305	0	0
0312	Soy milk, fluid	4	0.6	141	12	0.2	3	0.16	0.07	0.1	2	0	0
	Soya sauce - see item 0882												
0313	Tofu, raw, regular	105	5.4	121	7	0.8	9	0.08	0.05	0.2	15	0	0.1
	Peanuts *(Arachis hypogaea)*												
0314	Raw, with skin, dried	58	3.2	717	16	3.3	0	0.7	0.13	14.1	100.6	0	0
0315	Raw, without skin, plain	60	2.5	670	2	3.5	0	1.14	0.10	13.8	110	0	0

4. Pulses, Nuts and Oil Seeds *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0316	Dry roasted, salt added	1.6	585	2449	23.7	49.0	6.9	0	7.1	6.0	0	19, 30
0317	Oil roasted, salt added	2.0	581	2431	26.4	49.3	6.8	0	18.9	5.3*	0	19
	Peanut butter											
0318	Unsalted	1.3	591	2474	28.5	51.1	8.5	0	15.8	3.3*	0	6
0319	Chunk style	1.1	589	2466	24.1	49.9	-	0	21.6	2.9*	0	19
0320	Added fat, sweetened	1.4	588	2460	24.6	50.0	-	0	20.7	5.4	0	19, 30
0321	Peanut flour, defatted	7.8	327	1368	52.2	0.6	0	0	34.7	-	0	6, 19
	Treenuts											
	Almonds *(Prunus dulcis)*											
0322	Whole seeds, dry	5.4	586	2451	20.4	52.5	5.0	0	18.5	2.3*	0	6
0323	Roasted and salted	3.5	613	2563	19.0	56.5	5.4	0	18.0	3.1*	0	6
0324	Paste	15.5	446	1866	11.9	27.2	2.6	0	43.6	6.0*	0	6
	Cashew nut *(Anacardium occidentale)*											
0325	Whole seeds, dry	5.2	561	2347	17.2	45.7	-	0	27.9	-	0	27
0326	Dry roasted	1.7	574	2402	15.3	46.4	9.2	0	32.7	0.7*	0	6
0327	Oil roasted	3.9	576	2409	16.2	48.2	9.5	0	28.5	1.3*	0	6
0328	Butter	3.0	587	2455	17.7	49.4	9.7	0	27.6	0.8*	0	6
	Chestnut *(Castanea spp.)*											
0329	Fresh, peeled	52.0	196	819	1.6	1.3	0.2	0	44.2	1.0*	0	6
0330	Fresh, unpeeled	48.7	213	890	2.4	2.3	0.4	0	45.5	10.0	26	6
0331	Dried, peeled	9.0	369	1545	5.0	3.9	0.7	0	78.4	5.0*	0	6
	Coconut *(Cocos nucifera)*											
0332	Meat, raw (mature kernel)	47.0	354	1480	3.3	33.5	29.7	0	15.2	4.3*	48 - husk	6
0333	Meat dried, copra, dessicated	2.3	604	2492	5.6	62	53.4	0	6.4	13.7	0	30
0334	Immature, jelly	81.4	255	1071	4.0	24.8	-	0	8.3	1.5*	58	26
0335	Cream[1]	53.9	330	1380	3.6	34.7	30.8	0	6.7	-	0	6
0336	Milk[2]	67.6	230	962	2.3	23.8	21.1	0	5.5	-	0	6
0337	Water[3] (liquid from coconut)	95.0	19	80	0.7	0.2	0.2	0	3.7	0	0	6
	Walnuts *(Juglans regia)*											
0338	Nut, dried	3.7	642	3686	14.3	61.9	5.6	0	18.3	4.6*	55	6

**Crude fibre*

[1] *Liquid expressed from crushed/grated, dried coconut meat*

[2] *Liquid expressed from mixture of grated meat and water*

[3] *Free flowing, clear liquid from inside coconut*

4. Pulses, Nuts and Oil Seeds *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0316	Dry roasted, salt added	54	2.3	658	813	3.3	0	0.44	0.11	13.5	53	0	0
0317	Oil roasted, salt added	88	1.8	682	433	6.6	0	0.25	0.10	14.3	126	0	0
	Peanut butter												
0318	Unsalted	33	1.8	685	17	2.9	-	0.15	0.11	13.4	82	0	0
0319	Chunk style	41	1.9	747	486	2.8	0	0.13	0.11	13.7	92	0	0
0320	Added fat, sweetened	34	1.7	721	478	2.5	0	0.14	0.10	13.1	78	0	0
0321	Peanut flour, defatted	140	2.1	1290	180	5.1	0	0.70	0.48	27.0	-	0	0
	Treenuts												
	Almonds *(Prunus dulcis)*												
0322	Whole seeds, dry	247	3.6	750	10	3.2	0	0.43	0.68	3.2	38	0	1
0323	Roasted and salted	194	5.3	693	776	1.4	0	0.08	0.28	3.9	64	0	1
0324	Paste	230	3.0	647	9	2.6	0	0.21	0.74	2.9	56	0	1
	Cashew nut *(Anacardium occidentale)*												
0325	Whole seeds, dry	38	3.8	464	15	-	10	0.43	0.25	1.8	-	0	tr
0326	Dry roasted	45	6.0	565	16	5.6	0	0.20	0.20	1.4	69	0	0
0327	Oil roasted	41	4	530	17	4.8	0	0.42	0.18	1.8	68	0	0
0328	Butter	43	5	546	15	5.2	0	0.31	0.19	1.6	68	0	0
	Chestnut *(Castanea spp.)*												
0329	Fresh, peeled	19	0.9	484	2	0.5	0	0.14	0.02	-	-	0	-
0330	Fresh, unpeeled	27	1.0	518	3	0.5	3	0.24	0.17	1.2	62	0	43
0331	Dried, peeled	64	2.4	991	37	0.4	-	0.35	0.05	-	-	0	-
	Coconut *(Cocos nucifera)*												
0332	Meat, raw (mature kernel)	14	2.4	356	20	1.1	0	0.07	0.02	0.5	26	0	3
0333	Meat dried, copra, dessicated	23	3.6	660	28	0.9	0	0.03	0.05	0.9	9	0	0
0334	Immature, jelly	23	2.3	-	-	-	0	0.10	0.06	1.7	-	0	15
0335	Cream[1]	11	2.3	325	4	1.0	0	0.03	0	0.9	-	0	3
0336	Milk[2]	16	1.6	263	15	0.7	0	0.03	0	0.8	-	0	3
0337	Water[3] (liquid from coconut)	24	0.3	250	105	0.1	0	0.03	0.06	0.1	-	0	2
	Walnuts *(Juglans regia)*												
0338	Nut, dried	94	2.4	502	10	2.7	12	0.38	0.15	1.0	66	0	3

[1] *Liquid expressed from crushed/grated, dried coconut meat*
[2] *Liquid expressed from mixture of grated meat and water*
[3] *Free flowing, clear liquid from inside coconut*

4. Pulses, Nuts and Oil Seeds *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Seeds											
0339	Cotton seed meal *(Gossypium hirsutum)*	1.2	367	1534	49.1	4.8	1.2	0	38.4	2.4*	0	6
0340	Flaxseed, linseed *(Linum usitatissimum)*	6.2	476	1990	24	35.9	-	0	24.0	5.0*	0	6, 26
0341	Melon seeds, kernel *(Citrullus lanatus)*	5.1	557	2331	28.3	47.4	9.8	0	43.1	4.5*	50, seed coats	6, 26
	Pumpkin Seeds *(Curcubita maxima)*											
0342	Whole seeds, roasted	4.5	446	1864	18.6	19.4	3.7	0	53.8	35.9*	0	6
0343	Kernels, dried	6.9	541	2265	24.5	45.9	8.7	0	17.8	2.2*	26	6
	Sesame *(Sesamum indicum)*											
0344	Whole, dried	4.7	573	2396	17.7	49.7	7.0	0	23.5	4.6*	0	6
0345	Kernels, dried	4.8	588	2462	26.4	54.8	7.7	0	9.4	3.0*	0	6
0346	Sesame, roasted	3.3	565	2366	17.0	48.0	6.7	0	25.7	8.5*	0	6
	Sunflower *(Helianthus annuus)*											
0347	Kernels, dried	5.4	570	2386	22.8	49.6	5.2	0	18.8	4.2*	46	6
0348	Kernels, oil roasted	2.6	615	2573	21.4	57.5	6.0	0	14.7	1.8*	0	6
0349	Flour, partially defatted	7.5	326	1364	48.1	1.6	0.2	0	35.8	5.2*	0	6

**Crude fibre*

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Seeds												
0339	Cotton seed meal *(Gossypium hirsutum)*	504	13.4	1869	37	12.3	-	-	-	-	-	0	0
0340	Flaxseed, linseed *(Linum usitatissimum)*	220	9.0	-	-	-	12	0.60	0.35	4.6	-	0	0
0341	Melon seeds, kernel *(Citrullus lanatus)*	54	7.3	648	99	-	0	0.19	0.15	3.6	58	0	0
	Pumpkin seeds *(Cucurbita maxima)*												
0342	Whole seeds, roasted	55	3.3	919	18	10.3	-	-	-	-	-	0	0
0343	Kernel, dried	43	15.0	807	18	7.5	38	0.21	0.32	1.7	-	0	-
	Sesame *(Sesamum indicum)*												
0344	Whole, dried	975	14.6	468	11	7.8	1	0.79	0.25	4.5	97	0	0
0345	Kernels, dried	131	7.8	407	40	10.3	7	0.72	0.09	4.7	-	0	0
0346	Sesame, roasted	989	14.8	475	11	7.2	-	-	-	-	-	0	-
	Sunflower *(Helianthus annuus)*												
0347	Kernels, dried	116	6.8	689	3	5.1	5	2.3	0.25	4.5	-	-	-
0348	Kernels, oil roasted	56	6.7	483	3	5.2	-	0.32	0.28	4.1	234	0	1
0349	Flour, partially defatted	114	6.6	67	3	5.0	-	3.19	-	7.3	-	0	0

5. Green, Leafy and Yellow Vegetables

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol m	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Green, Leafy and Yellow Vegetables											
	Amaranth leaves											
	Callaloo *(Amaranthus spp.)*											
0350	Raw	91.7	26	108	2.5	0.3	0	0	4	1.0*	6	4
0351	Cooked	91.5	21	89	2.1	0.2	0	0	4.1	1.3*	0	4, 33
	Asparagus *(Asparagus officinalis)*											
0352	Raw spears	92.3	22	94	3.1	0.2	0	0	3.7	1	47	4
0353	Cooked spears	92.0	25	103	2.6	0.3	0	0	0.7	-	0	4, 33
0354	Canned spears, solids	94.0	19	81	2.1	0.7	0	0	2.5	2.9	0	4, 33
	Beans, lima *(Phaseolus lunatus)*											
	Fresh, raw } see items											
	Cooked, drained } 0284 to 0287											
	Canned, drained }											
	Frozen, cooked, drained }											
	Beans, snap, string, young pods, green, immature *(P. vulgaris)*											
0355	Fresh, raw	90.3	31	129	1.8	0.1	0	0	7.1	2.1	12	4
0356	Canned, solids and liquid	94.5	15	64	0.9	0.1	0	0	3.5	0.6	0	4
0357	Frozen, cut	92.0	26	110	1.4	0.1	0	0	6.1	1.6	0	4
	Bean sprouts, Mung *(Phaseolus aureus)*											
0358	Raw	90.4	31	131	2.9	0.5	-	0	4.0	1.5	0	33
0359	Cooked, drained	91.6	25	104	2.5	0.5	-	0	2.8	1.3	0	33
	Beet Greens *(Beta vulgaris)*											
0360	Raw	92.2	19	80	1.8	0.1	0	0	4.0	1.3*	44	4
0361	Cooked, drained	89.1	27	115	2.6	0.2	0	0	5.5	1.0*	0	4
	Beet - see item 0441											
	Blackeye peas, cowpeas *(Vigna unguiculata)*											
0362	Immature pods, raw	86.0	44	184	3.3	0.3	0.1	0	9.5	1.7*	9	4
0363	Immature pods, cooked	89.6	34	142	2.6	0.3	0.1	0	7.0	1.7*	0	4
	Broccoli *(Brassica oleracea var. botrytis)*											
0364	Fresh, raw, partially trimmed	90.7	28	116	3.0	0.4	0	0	5.2	1.4	39	4
0365	Cooked, drained	90.2	29	123	3.0	0.3	0	0	5.6	1.2*	0	4
0366	Frozen, chopped, raw	91.5	26	110	2.8	0.3	0	0	4.8	1.7	0	4
0367	Frozen, chopped, cooked	90.7	28	116	3.1	0.1	0	0	5.4	2.2	0	4

**Crude fibre*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Green, Leafy and Yellow Vegetables												
	Amaranth Leaves												
	Callaloo *(Amaranthus spp.)*												
0350	Raw	215	2.3	611	20	1.0	292	0.03	0.16	0.7	85	0	43
0351	Cooked	209	2.3	641	21	0.5	277	0.02	0.13	0.6	51	0	41
	Asparagus *(Asparagus officinalis)*												
0352	Raw spears	22	0.7	302	2	1.0	90	0.11	0.12	1.1	119	0	33
0353	Cooked spears	24	0.7	310	4	0.5	83	0.10	0.12	1.1	98	0	27
0354	Canned spears, solids	21	0.9	170	340	0.5	-	0.1	0.04	0.5	100	0	13
	Beans, lima *(Phaseolus lunatus)*												
	Fresh, raw } see items 0284												
	Cooked, drained } to 0287												
	Canned, drained }												
	Frozen, cooked, drained }												
	Beans, snap, string, young pods, green, immature *(P. vulgaris)*												
0355	Fresh, raw	37	1.0	209	6	0.2	67	0.1	0.1	0.8	37	0	16
0356	Canned, solids and liquid	24	0.9	98	368	0.2	32	0.03	0.05	0.2	18	0	4
0357	Frozen, cut	45	0.8	112	13	0.6	53	0.05	0.07	0.4	-	0	8.2
	Bean sprouts, Mung *(Phaseolus aureus)*												
0358	Raw	20	1.7	74	5	0.3	8	0.11	0.04	0.5	61	0	7
0359	Cooked in salted water	19	2.2	46	57	0.3	7	0.09	0.05	0.3	17	0	2
	Beet Greens *(Beta vulgaris)*												
0360	Raw	119	3.3	547	201	0.4	610	0.1	0.22	0.4	-	0	30
0361	Cooked, drained	114	1.9	909	241	0.5	510	0.12	0.29	0.5	-	0	25
	Beet - see item 0441												
	Blackeye peas, cowpeas *(Vigna unguiculata)*												
0362	Immature pods, raw	65	1.0	215	4	-	160	0.15	0.14	1.2	-	0	33
0363	Immature pods, cooked	55	0.7	196	3	-	140	0.09	0.09	0.80	-	0	17
	Broccoli *(Brassica oleracea var. botrytis)*												
0364	Fresh, raw, partially trimmed	48	0.9	325	27	0.4	154	0.07	0.12	0.6	71	0	93
0365	Cooked, drained	114	1.2	163	11	0.2	141	0.08	0.21	0.8	68	0	63
0366	Frozen, chopped, raw	56	0.8	212	24	0.5	207	0.05	0.10	0.5	67	0	56
0367	Frozen, chopped, cooked	51	0.6	180	24	0.3	189	0.06	0.08	0.5	56	0	40

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Brussels sprouts *(B. oleracea var. gemmifera)*											
0368	Fresh, raw	86.0	43	179	3.4	0.3	0	0	9.0	1.5	10	4
0369	Cooked, drained	87.3	39	162	2.6	0.5	0.1	0	8.7	1.4	0	4
0370	Frozen, raw	87.1	41	170	3.8	0.4	0.1	0	7.9	2.2	0	4
0371	Frozen, cooked, drained	86.7	42	175	3.6	0.4	0.1	0	8.3	1.8	0	4
	Cabbage, Chinese, Pak choi *(B. pekinensis or B. chinensis)*											
0372	Raw	95.3	13	55	1.5	0.2	0	0	2.2	0.6*	12	4, 33
0373	Cooked, drained	95.6	12	48	1.6	0.2	0	0	1.8	0.6*	0	4
	Cabbage, Chinese *(Petasi)*											
0374	Raw	94.4	16	68	1.2	0.2	0	0	3.2	0.6*	7	4
0375	Cooked, drained	95.2	14	57	1.5	0.2	0	0	2.4	0.5*	0	4
	Cabbage, common *(B. oleracea var. capitata)*											
0376	Raw	90.1	26	109	1.7	0.4	0	0	4.0	2.4	23	33
0377	Cooked	93.1	16	67	1.0	0.4	0	0	2.0	1.8	0	33
	Carrot *(Daucus carota)*											
0378	Fresh, raw	87.8	43	181	1.0	0.2	0	0	10.1	1.5	11	4
0379	Cooked, drained	87.4	45	188	1.1	0.2	0	0	10.5	1	0	4
0380	Frozen, raw	89.1	39	164	1.1	0.2	0	0	9.0	1.4	0	4
0381	Frozen, cooked	89.9	36	150	1.2	0.1	0	0	8.3	1.8	0	4
0382	Canned, drained, solid and liquid	93.0	23	97	0.6	0.2	0	0	5.5	1.2	0	4
0383	Juice, canned	88.9	40	165	1.0	0.2	0	0	9.3	1.0	0	4
0384	Cassava leaves *(Manihot esculenta)* raw	81	76	317	6.9	1.3	0	0	9.0	3.5*	-	35
	Chard, swiss *(Beta vulgaris var circla)*											
0385	Raw	92.7	19	81	1.8	0.2	0	0	3.7	0.8*	8	4, 33
0386	Cooked, drained	92.6	20	84	1.9	0.1	0	0	4.1	0.9*	0	4, 33
	Chocho, Christophene, Chayote *(Sechium edule)*											
	Fruits - see items 0446 & 0447											
0387	Growing points and leaves	89.7	60	248	4.0	0.4	0	0	4.7	1.2*	16	13
	Eddo, Dasheen, Taro *(Colocasia spp.)*											
0388	Leaves, raw	85.7	42	177	5.0	0.7	0.2	0	6.7	2.0*	40	4

**Crude fibre*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Brussels sprouts *(B. oleracea var. gemmifera)*												
0368	Fresh, raw	42	1.4	389	25	0.4	88	0.14	0.09	0.7	61	0	85
0369	Cooked, drained	36	1.2	317	21	0.3	72	0.11	0.08	0.6	60	0	62
0370	Frozen, raw	26	1.0	370	10	0.3	81	0.11	0.12	0.6	123	0	74
0371	Frozen, cooked, drained	24	0.7	325	23	0.4	59	0.10	0.11	0.5	101	0	46
	Cabbage, Chinese, Pak choi *(B. pekinensis or B chinensis)*												
0372	Raw	105	0.8	252	65	-	300	0.04	0.07	0.5	77	0	45
0373	Cooked, drained	93	1.0	371	34	-	257	0.03	0.06	0.4	-	0	26
	Cabbage, Chinese *(Petasi)*												
0374	Raw	77	0.3	238	9	0.2	120	0.04	0.05	0.4	79	0	27
0375	Cooked, drained	32	0.3	225	9	0.2	97	0.04	0.04	0.5	53	0	16
	Cabbage, common *(B. oleracea var. capitata)*												
0376	Raw	52	0.7	270	5	0.3	64	0.15	0.02	0.5	75	0	49
0377	Cooked	33	0.3	120	8	0.1	35	0.08	0.01	0.3	29	0	22
	Carrot *(Daucus carota)*												
0378	Fresh, raw	27	0.5	323	35	0.2	2813*	0.10	0.06	0.9	14	0	9
0379	Cooked, drained	31	0.6	227	66	0.3	2455	0.03	0.07	0.5	14	0	2
0380	Frozen, raw	32	0.6	181	59	0.3	2128	0.04	0.05	0.6	10	0	4
0381	Frozen, cooked	28	0.5	158	59	0.2	1770	0.03	0.04	0.4	11	0	3
0382	Canned, drained, solid and liquid	25	0.6	179	241	0.3	1377	0.02	0.03	0.6	9	0	3
0383	Juice, canned	24	0.5	292	29	0.2	2575	0.10	0.06	0.4	4	0	9
0384	Cassava leaves *(Manihot esculenta)* raw	144	2.8	34	25	-	1487	0.16	0.32	2.0	-	0	82
	Chard, swiss *(Beta vulgaris var circla)*												
0385	Raw	51	1.8	379	213	-	330	0.04	0.09	0.4	165	0	30
0386	Cooked, drained	58	2.3	549	179	-	314	0.03	0.09	0.4	100	0	18
	Chocho, Christophene, Chayote *(Sechium edule)*												
	Fruits - see items 0446 & 0447												
0387	Growing points and leaves	58	2.5	-	-	-	615	0.08	0.18	1.1	-	0	16
	Eddo, Dasheen, Taro *(Colocasia spp.)*												
0388	Leaves, raw	107	2.2	648	3	-	483	0.21	0.46	1.5	-	0	52

**Carotene/RE of carrots vary considerably; the deeper the colour the more carotene present.*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0389	Leaves, steamed	92.2	24	101	2.7	0.4	0.1	0	4.0	0.5*	0	4
	Collards, bush cabbage, cabbage bush, *(B. oleracea var. acephala)*											
0390	Raw	93.9	19	80	1.6	0.2	-	0	3.8	0.6	43	4
0391	Cooked, drained	95.7	14	59	1.1	0.2	-	0	2.6	0.4	0	4
0392	Cow peas, leafy tips, raw *(Vigna unguiculata)*	89.9	29	121	4.1	0.3	0.1	0	4.8	1.3*	48	4
0393	Cow peas, cooked, drained	91.3	22	93	4.7	0.1	0	0	2.8	2.6	0	4
	Immature pods - see items 0362 & 0363											
	Dasheen shoots *(Colocasia esculenta)*											
0394	Raw	95.8	11	47	0.9	0.1	0	0	2.3	0.6*	Ends 12%	4
0395	Cooked, steamed	95.3	14	58	0.7	0.1	0	0	3.2	0.5*	0	4
	Drumstick leaves *(Moringa oleifera)*											
0396	Raw	77.6	72	301	7.4	1.5	0	0	9.2	-	39	33
0397	Boiled	78.7	70	293	6.6	1.0	0	0	11.2	-	0	33
	Drumstick pods											
0398	Raw	88.2	37	156	2.1	0.2	0	0	7.2	-	37	33
0399	Cooked	88.4	36	150	2.1	0.2	0	0	6.1	-	0	33
0400	Endive *(Cichorium endivia)*, raw	93.8	17	70	1.3	0.2	0	0	3.4	0.9*	14	4
0401	Ipomoea green, dry kangkong *(Ipomoea aquatica)*	89.5	31	130	2.7	0.3	-	0	6.3	1.6*	10	26
	Kale *(Brassica olerace var. acephala)*											
0402	Raw	84.5	50	208	3.3	0.7	0.1	0	10.0	1.5*	39	4
0403	Cooked, drained	91.2	32	133	1.9	0.4	0	0	5.6	0.8*	0	4
	Lettuce *(Lactuca sativa)*											
0404	Green	94.0	18	75	1.3	0.3	0	0	3.5	0.7*	36	4, 30
0405	Iceberg	95.9	13	53	1.0	0.2	0	0	2.1	0.9	5	4
	Mixed vegetables											
0406	Canned, drained	87.0	47	196	2.6	0.3	0.1	0	9.3	2.4	0	4
0407	Frozen, raw	82.1	71	296	3.3	0.5	0	0	13.5	1.2*	0	4
0408	Frozen, cooked, drained	83.2	59	248	2.9	0.2	0	0	13.1	2.3	0	4
	Mustard greens *(Brassica juncea)*											
0409	Raw	90.8	26	108	2.7	0.2	0	0	4.9	0.6	7	4

**Crude fibre*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0389	Leaves, steamed	86	1.2	460	2	-	424	0.14	0.38	1.3	-	0	36
	Collards, bush cabbage, cabbage bush, *(B. oleracea var. acephala)*												
0390	Raw	117	0.6	148	28	1.0	333	0.03	0.06	0.4	12	0	23
0391	Cooked, drained	78	0.4	93	19	0.6	222	0.02	0.04	0.2	7	0	10
0392	Cow peas, leafy tips, raw *(Vigna unguiculata)*	63	1.9	455	7	-	71	0.35	0.18	1.1	-	0	36
0393	Cow peas, cooked, drained	69	1.1	351	6	-	58	0.26	0.14	1.0	-	0	18
	Immature pods - see items 0362 & 0363												
	Dasheen shoots *(Colocasia esculenta)*												
0394	Raw	12	0.6	332	1	-	5	0.04	0.05	0.8	-	0	21
0395	Cooked, steamed	14	0.4	344	2	-	-	-	-	-	-	0	-
	Drumstick leaves *(Moringa oleifera)*												
0396	Raw	300	3.6	470	4	-	(1475)	0.20	0.73	3.4	370	0	165
0397	Boiled	280	2.7	340	9	-	895	0.17	0.47	1.8	220	0	37
	Drumstick pods												
0398	Raw	30	0.4	460	42	-	7	0.05	0.07	0.6	-	0	160
0399	Cooked	20	0.5	460	43	-	7	0.05	0.07	0.6	-	0	-
0400	Endive *(Cichorium endivia)*, raw	52	0.8	314	22	0.8	205	0.08	0.08	0.4	142	0	7
0401	Ipomoea green, dry kangkong *(Ipomoea aquatica)*	89	2.8	-	-	-	650	0.1	0.16	0.7	-	0	40
	Kale *(Brassica olerace var. acephala)*												
0402	Raw	135	1.7	450	43	0.4	890	0.11	0.13	1.0	29	0	120
0403	Cooked, drained	72	0.9	228	23	0.2	740	0.05	0.07	0.5	13	0	41
	Lettuce *(Lactuca sativa)*												
0404	Green	68	1.4	264	9	-	190	0.05	0.08	0.4	55	0	18
0405	Iceberg	19	0.5	158	9	0	33	0.05	0.03	0.2	56	0	4
	Mixed vegetables												
0406	Canned, drained	27	1.1	291	149	0.4	1165	0.05	0.05	0.6	24	0	5
0407	Frozen, raw	25	1.0	212	47	0.5	508	0.12	0.09	1.3	29	0	10
0408	Frozen, cooked, drained	25	0.8	160	35	0.5	428	0.07	0.12	0.9	19	0	3
	Mustard greens *(Brassica juncea)*												
0409	Raw	103	1.5	354	25	-	530	0.08	0.11	0.8	-	0	70

(Calculated from carotene values.)

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0410	Cooked, drained	94.5	15	63	2.3	0.2	0	0	2.1	0.7*	0	4
0411	Parsley, curly *(Petroselinum crispum)*	88.3	33	136	2.2	0.3	-	0	6.9	1.2*	5	4
	Peas, garden *(Pisum sativum)*											
	Green, immature - see items 0302 to 0304											
	Peas and carrot											
0412	Frozen, raw	84.4	53	220	3.4	0.5	0.1	0	11.2	1.5*	0	4
0413	Frozen, cooked drained	85.8	48	200	3.1	0.4	0.1	0	10.1	1.4*	0	4
	Pepper *(Capsicum frutescens)*											
0414	Hot, immature green or yellow	88.8	37	153	1.3	0.2	0	0	9.1	1.8*	-	22
0415	Hot, chili	87.7	40	169	2.0	0.2	0	0	9.5	1.8*	27	4
0416	Sweet, green *(Capsicum annum)*	92.8	25	104	0.9	0.5	0.1	0	5.3	1.1*	18	4
	Pigeon pea, green - see item 0306											
	Potato, sweet *(Ipomoea batatas)*											
0417	Leaves, raw	88.0	35	147	4.0	0.3	0.1	0	6.4	1.2*	6	4
0418	Leaves, steamed	88.1	34	144	2.3	0.3	0.1	0	7.3	1.3*	0	4
	Pumpkin *(Cucurbita maxima)*											
	Mature fruit											
0419	Raw	91.6	26	109	1.00	0.1	0.1	0	6.5	1.1*	30	4, 33
0420	Cooked, drained	93.7	20	84	0.7	0.1	0	0	4.9	1.1	0	4, 33
0421	Leaves, cooked	92.5	21	86	2.7	0.2	0.2	0	3.4	-	0	4
0422	Leaves and young shoots	90.4	26	109	4.2	0.4	-	0	3.4	1.5*	10	26
	Seeds - see items 0342 & 0343											
	Radish *(Raphanus sativus)*											
0423	Seeds, sprouted, raw	90.1	41	172	3.8	2.5	1	0	3.0	-	0	4
	Spinach *(Spinacea oleracea)*											
0424	Raw	91.6	22	94	2.9	0.4	0.1	0	3.5	3.2	28	4
0425	Cooked, drained	91.2	23	95	3.0	0.3	0	0	3.8	1.9	0	4
0426	Canned, solid and liquid	93.2	19	78	2.1	0.4	0.1	0	3.0	0.9	0	4
0427	Frozen, unprepared	91.6	24	100	2.9	0.3	0.1	0	4.0	2.1	0	4
	Spinach, New Zealand *(Tetragonia expansa)*											
0428	Raw	94.0	14	60	1.5	0.2	0	0	2.5	0.7*	28	4, 33

**Crude fibre*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0410	Cooked, drained	74	0.7	202	16	-	303	0.04	0.06	0.4	-	0	25
0411	Parsley, curly *(Petroselinum crispum)*	130	6.2	536	39	0.7	520	0.08	0.11	0.7	183	0	90
	Peas, garden *(Pisum sativum)*												
	Green, immature - see items 0302 to 0304												
	Peas and carrot												
0412	Frozen, raw	27	1.1	194	79	0.5	950	0.19	0.08	1.4	36	0	11
0413	Frozen, cooked drained	23	0.9	158	68	0.5	776	0.22	0.06	1.2	26	0	8
	Pepper *(Capsicum frutescens)*												
0414	Hot, immature green or yellow	10	0.7	-	-	-	770	0.09	0.06	1.7	-	0	235
0415	Hot, chili	18	1.2	340	7	0.3	77	0.09	0.09	1.0	23	0	242
0416	Sweet, green *(Capsicum annum)*	6	1.3	195	3	0.2	53	0.09	0.05	0.6	17	0	128
	Pigeon pea, green - see item 0306												
	Potato, sweet *(Ipomoea batatas)*												
0417	Leaves, raw	37	1.0	518	9	-	103	0.16	0.35	1.1	-	0	11
0418	Leaves, steamed	24	0.6	477	13	-	92	0.11	0.27	1.0	-	0	2
	Pumpkin *(Cucurbita maxima)*												
	Mature fruit												
0419	Raw	21	0.8	340	1	0.2	160	0.05	0.11	0.6	10	0	9
0420	Cooked, drained	15	0.6	230	1	0.2	108	0.03	0.08	0.4	10	0	5
0421	Leaves, cooked	43	3.2	438	8	-	247	0.07	0.14	0.9	-	0	1
0422	Leaves and young shoots	127	5.8	-	-	-	270	0.14	0.17	1.8	-	0	58
	Seeds - see items 0342 & 0343												
	Radish *(Raphanus sativus)*												
0423	Seeds, sprouted, raw	51	0.9	86	6	0.6	39	0.10	0.10	2.9	95	0	29
	Spinach *(Spinacea oleracea)*												
0424	Raw	99	2.7	558	79	0.5	672	0.08	0.20	0.7	194	0	28
0425	Cooked, drained	136	3.6	466	70	0.8	819	0.10	0.24	0.5	146	0	10
0426	Canned, solid and liquid	83	1.6	230	319	0.4	643	0.02	0.11	0.3	58	0	14
0427	Frozen, unprepared	111	2.1	323	74	0.4	776	0.08	0.15	0.4	120	0	24
	Spinach, New Zealand *(Tetragonia expansa)*												
0428	Raw	58	0.8	130	130	0.7	440	0.04	0.13	0.5	150	0	30

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Turnip *(Brassica rapa)*											
	Greens											
0429	Raw	91.1	27	111	1.5	0.3	0.1	0	5.7	0.8*	30	4
0430	Cooked, drained	93.2	20	85	1.1	0.2	0.1	0	4.4	0.6*	0	4
	Tuber - see item 0483											
0431	Water cress *(Nasturtium officinale)*	92.5	22	94	3.0	1	0	0	0.4	1.5	38	33
	Miscellaneous leaves											
0432	Dark green, raw	86.2	33	136	3.0	1	0	0	1.6	3.4	0	33
0433	Dark green, boiled	92.2	20	82	1.9	0.7	0	0	1.6	2.6	0	33

**Crude fibre*

5. Green, Leafy and Yellow Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Turnip *(Brassica rapa)*												
	Greens												
0429	Raw	190	1.1	296	40	0.2	760	0.07	0.1	0.6	194	0	60
0430	Cooked, drained	137	0.8	203	29	0.1	550	0.05	0.07	0.4	118	0	27
	Tuber - see item 0483												
0431	Water cress *(Nasturtium officinale)*	170	2.2	230	49	0.7	(420)*	0.16	0.06	0.3	-	0	62
	Miscellaneous leaves												
0432	Dark green, raw	210	3.0	370	20	0.4	(440)*	0.07	0.11	1.5	92	0	180
0433	Dark green, boiled	75	1.4	160	10	0.3	(380)*	0.05	0.06	1.2	66	0	77

**(Calculated from carotene values.)*

6. Other Vegetables

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0434	Ackee *(Blighia sapida)*, canned, drained	76.7	151	625	2.9	15.2	0	0	0.8	2.7	0	27
	Artichokes *(Cynara scolymus)*											
0435	Raw	84.4	51	212	2.7	0.2	0	0	11.9	1.1*	60	4
0436	Cooked, drained	86.5	44	184	2.3	0.2	0	0	10.3	0.9*	60	4
0437	Avocado pear (Persea americana)	74.3	161	674	2.0	15.3	2.4	0	7.4	2.1*	26	5
	Bamboo shoot, *(Bambusa spp.)*											
0438	Raw	91.0	27	113	2.6	0.3	0	0	5.2	2.6	71	4
0439	Cooked	95.9	12	52	1.5	0.2	0	0	1.9	0.7*	0	4
	Beet, common, red *(Beta vulgaris)*											
0440	Raw	87.3	44	183	1.5	0.1	0	0	10.0	1.0	33	4
0441	Cooked, drained	90.9	31	131	1.1	0.1	0	0	6.7	0.9*	0	4
	Cauliflower *(Brassica oleracea var. botrytis)*											
0442	Raw	92.3	24	100	2.0	0.2	0	0	4.9	0.9*	55	4, 33
0443	Cooked, drained	92.5	24	102	1.9	0.2	0	0	4.6	1.6	0	4
	Celery *(Apium graveolens)*											
0444	Raw	94.7	16	65	0.7	0.1	0	0	3.6	0.9	11	4
0445	Cooked, drained	95.0	15	62	0.5	0.1	0	0	3.5	1.2*	0	4
	Chocho, christophine, chayote *(Sechium edule)*											
0446	Fruit, raw	93.0	24	100	0.9	0.3	0	0	5.4	1.1	1	4, 33
0447	Fruit, cooked, drained	93.4	24	99	0.6	0.5	0	0	5.1	0.9	0	4, 33
	Growing points and leaves — see item 0387											
	Corn, green — see items 0109 & 0110											
	Cucumber *(Cucumin sativus)*											
0448	Fresh	96.1	13	53	0.6	0.1	0	0	2.9	0.5	3	4
0449	Pickled, sweet	65.3	117	488	0.4	0.3	0	0	31.8	0.6*	0	4
	Egg plant, garden egg, melongene, aubergine *(Solanum melongena)*											
0450	Raw	91.9	26	108	1.0	0.1	0	0	6.3	1.5	19**	4
0451	Cooked, drained	91.8	28	116	0.8	0.2	0	0	6.6	2.3	0	4, 33
	Escallion, welsh onion *(Allium fistulosum)*, raw	90.5	34	142	1.9	0.4	0	0	6.5	1.0*	35	4, 33
	Fennel *(Foeniculum vulgare)* — see item 0874											

**Crude fibre*

***4% Refuse when only ends trimmed*

6. Other Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0434	Ackee *(Blighia sapida)*, canned, drained	35	0.7	270	240	1	-	0.03	0.07	1.1	41	0	30
	Artichokes *(Cynara scolymus)*												
0435	Raw	48	1.6	339	80	0	18	0.08	0.06	0.8	74	0	11
0436	Cooked, drained	39	1.4	263	66	0	14	0.06	0.05	0.6	45	0	7.4
0437	Avocado pear *(Persea americana)*	11	1.0	599	10	tr	61	0.11	0.12	1.9	62	0	8
	Bamboo shoot, *(Bambusa spp.)*												
0438	Raw	13	0.5	533	4	-	2	0.15	0.07	0.6	-	0	4
0439	Cooked/canned, drained	12	0.2	533	4	1	0	0.02	0.05	0.3	-	0	0
	Beet, common, red *(Beta vulgaris)*												
0440	Raw	16	0.9	324	72	0.37	2	0.05	0.02	0.4	93	0	11
0441	Cooked, drained	11	0.6	312	49	0.25	1	0.03	0.01	0.3	53	0	5.5
	Cauliflower *(Brassica oleracea var. botrytis)*												
0442	Raw	29	0.6	355	15	tr	2	0.08	0.06	0.6	66	0	72
0443	Cooked, drained	27	0.4	323	6	tr	1	0.06	0.05	0.6	51	0	55
	Celery *(Apium graveolens)*												
0444	Raw	36	0.5	284	88	tr	13	0.03	0.03	0.3	9	0	6
0445	Cooked, drained	36	0.1	354	64	tr	11	0.03	0.03	0.3	7	0	5
	Chocho, christophine, chayote *(Sechium edule)*												
0446	Fruit, raw	19	0.4	150	4	-	6	0.03	0.04	0.5	-	0	11
0447	Fruit, cooked, drained	13	0.2	173	1	-	5	0.03	0.04	0.4	-	0	8
	Growing points and leaves — see item 0387												
	Corn, green — see items 0109 & 0110												
	Cucumber *(Cucumis sativus)*												
0448	Fresh	14	0.3	149	2	tr	5	0.03	0.02	0.3	14	0	5
0449	Pickled, sweet	4	0.6	32	939	0.1	13	0.01	0.03	0.2	1	0	1
	Egg plant, garden egg, melongene, aubergine *(Solanum melongena)*												
0450	Raw	36	0.6	219	4	tr	7	0.09	0.02	0.6	18	0	2
0451	Cooked, drained	6	0.4	248	3	tr	6	0.08	0.02	0.6	14	0	1
0452	Escallion, welsh onion *(Allium fistulosum)*, raw	39*	1.9*	260*	7*	tr	103*	0.05	0.09	0.4	54*	0	27
	Fennel *(Foeniculum vulgare)* — see item 0874												

**Values for spring onion*

6. Other Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Garlic *(Allium sativum)*											
0453	Bulbs, raw	58.6	149	623	6.4	0.5	0	0	33.1	1.5*	13	4, 33
0454	Leaves, raw	91.1	26	109	1.9	0.3	-		5.3	1.3*	-	12
	Ginger *(Zingiber officinale)*											
0455	Root, fresh	81.7	69	287	1.7	0.7	0.2	0	15.1	1.0*	7	4
0456	Root, dried, ground	9.4	347	1452	9.1	6.0	2.0	0	70.8	5.9*	0	25
	Leeks, bulb *(Allium porrum)*											
0457	Raw	83.0	61	255	1.5	0.3	0	0	14.2	1.2	56	4
0458	Cooked, drained	90.8	31	129	0.8	0.2	0	0	7.6	0.8*	0	4
0459	Luffa, towel gourd *(Luffa aegyptiaca)*	93.9	20	84	1.2	0.2	0	0	4.4	0.5	27	4
	Mint *(Mentha spp.)* — see item 0876											
	Mushrooms *(Agaricus campestris)*											
0460	Fresh, raw	91.8	25	106	2.1	0.4	0	0	4.7	0.8*	3	4
0461	Cooked, drained	91.1	27	114	2.2	0.5	0	0	5.1	0.9*	0	4
0462	Canned solids	91.4	24	102	1.9	0.3	0	0	5.0	0.8*	0	4, 33
0463	Dried, Chinese mushrooms	12.8	284	1188	10.0	1.8	0	0	59.9	-	0	33, 4
	'Cream of mushroom' soup — see items 0989 & 0990											
	Okra *(Abelmoschus esculentus)*											
0464	Raw	89.6	38	158	2.0	0.1	0	0	7.6	0.9*	14	4
0465	Cooked	89.9	32	133	1.9	0.2	0	0	7.2	0.9*	0	4
	Olives *(Olea europaea)*											
0466	Pickled, green	78.2	116	485	1.4	12.7	0	0	1.3	1.3*	0	22
0467	Pickled, ripe	80.0	129	539	1.1	13.8	0	0	2.6	1.4*	0	22
	Onions *(Allium cepa)*											
0468	Bulb, raw	90.8	34	141	1.2	0.3	0	0	7.3	0.8	10	4
0469	Spring, raw	91.9	25	105	1.7	0.1	0	0	5.6	0.8	4	4
	Prickly pear *(Opuntia spp.)*											
0470	Raw	87.6	41	172	0.7	0.5	0	0	9.6	1.8*	25	5
	Radishes *(Raphanus sativus)*											
0471	Root, red raw	94.8	17	69	0.6	0.5	0	0	3.6	0.5*	10	4
	Seeds, sprouted — see item 0423											

**Crude fibre*

6. Other Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Garlic *(Allium sativum)*												
0453	Bulbs, raw	181	1.7	401	17	1	0	0.20	0.11	0.7	5	0	31
0454	Leaves, raw	120	1.1	587	14	tr	417	0.09	0.4	0.7	-	0	42
	Ginger *(Zingiber officinale)*												
0455	Root, fresh	18	0.5	415	13	tr	0	0.02	0.03	0.7	-	0	5
0456	Root, dried, ground	116	11.5	1342	32	5	15	0.05	0.19	5.2	-	0	0
	Leeks, bulb *(Allium porrum)*												
0457	Raw	59	2.1	180	20	tr	10	0.06	0.03	0.4	64	0	12
0458	Cooked, drained	30	1.1	87	10	tr	5	0.03	0.02	0.2	24	0	4
0459	Luffa, towel gourd *(Luffa aegyptiaca)*	20	0.4	139	3	-	41	12.0	0.06	0.4	-	0	12
	Mint *(Mentha spp.)* — see item 0876												
	Mushrooms *(Agaricus campestris)*												
0460	Fresh, raw	5	1.2	370	4	1	0	0.10	0.45	4.1	21	0	4
0461	Cooked, drained	6	1.7	356	2	1	0	0.07	0.30	4.5	18	0	4
0462	Canned, solids	22	0.8	100	360	1	0	0.01	0.25	1.1	12	0	tr
0463	Dried, Chinese mushrooms	11	1.7	1534	13	-	0	0.03	1.27	14.1	-	0	4
	'Cream of mushroom' soup — see items 0989 & 0990												
	Okra *(Abelmoschus esculentus)*												
0464	Raw	81	0.8	303	8	1	66	0.20	0.06	1.0	88	0	21
0465	Cooked	63	0.5	322	5	1	-	0.13	0.06	0.2	46	0	16
	Olives *(Olea europaea)*												
0466	Pickled, green	61	1.6	55	2400	-	300	0	0	-	-	-	-
0467	Pickled, ripe	84	1.6	34	813	-	60	tr	tr	-	-	-	-
	Onions *(Allium cepa)*												
0468	Bulb, raw	25	0.4	155	2	tr	0	0.06	0.01	0.1	20	0	8
0469	Spring, raw	60	1.9	257	4	tr	500	0.07	0.14	0.2	14	0	45
	Prickly pear *(Opuntia spp.)*												
0470	Raw	56	0.3	220	5	-	5	0.01	0.06	0.5	-	0	14
	Radishes *(Raphanus sativus)*												
0471	Root, red raw	21	0.3	232	24	tr	1	0.01	0.05	0.3	27	0	23
	Seeds, sprouted — see item 0423												

6. Other Vegetables *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Squash, summer *(Cucurbita pepo)*											
0472	Raw	93.7	20	84	1.2	0.2	0	0	4.4	1.1	5	4
0473	Cooked, drained	93.7	20	85	0.9	0.3	0	0	4.3	1.1	0	4
	Shallot bulb *(Allium ascalonicum)*											
0474	Raw	79.8	72	301	2.5	0.1	0	0	16.8	0.7*	12	4
	Tomato *(Lycopersicon esculenta)*											
0475	Ripe, raw	94.0	19	81	0.9	0.2	0	0	4.3	0.8	0.5	4
0476	Ripe, cooked	92.4	25	105	1.1	0.3	0	0	5.6	0.8*	0	4
0477	Green, raw	93.0	24	100	1.2	0.2	0	0	5.1	0.5*	9	4
	Cherry tomato											
0478	Juice, canned or bottled	93.9	17	73	0.8	0.1	0	0	4.2	0.4*	0	4
0479	Paste, canned	74.1	84	351	3.8	0.9	0.1	0	18.8	1.0*	0	4
0480	Catsup/ketchup, bottled	69.1	30	127	1.3	0.2	0	0	7.2	0.7*	-	4
0481	Tomato sauce, Spanish style	89.1	33	137	1.4	0.3	0	0	7.2	-	0	4
0482	Tree Tomato *(Cyphomandra betacea)*	85.9	50	209	2.2	0.9	0	0	10.3	1.6*	-	13
	Tumeric, tuber — see item 0883											
	Turnip *(Brassica rapa)*											
0483	Tuber	91.9	27	114	0.9	0.1	0	0	6.2	0.9*	19	4
	Tops/greens — see items 0429 & 0430											
	Wax gourd *(Benincasa hispida)* or White gourd											
0484	Raw	96.1	13	54	0.4	0.2	0	0	3.0	0.6	29	4
0485	Cooked, drained	96.1	13	55	0.4	0.2	0	0	3.0	0.5*	0	4
	Water chestnut, Chinese *(Eleocharis dulcis)*											
0486	Raw	73.5	106	443	1.4	0.1	0	0	23.9	0.8*	23	4

**Crude fibre*

6. Other Vegetables *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Squash, summer *(Cucurbita pepo)*												
0472	Raw	20	0.5	195	2	tr	20	0.06	0.04	0.6	26	0	15
0473	Cooked, drained	27	0.4	192	1	tr	29	0.04	0.04	0.5	20	0	6
	Shallot bulb *(Allium ascalonicum)*												
0474	Raw	37	1.2	334	12	-	-	0.06	0.02	0.2	-	0	8
	Tomato *(Lycopersicon esculenta)*												
0475	Ripe, raw	7	0.5	207	8	tr	113	0.06	0.05	0.6	9	0	18
0476	Ripe, cooked	8	0.6	260	11	tr	135	0.07	0.06	0.7	9	0	21
0477	Green, raw	13	0.5	204	13	tr	64	0.06	0.04	0.5	-	0	23
	Cherry tomato												
0478	Juice, canned or bottled	9	0.6	220	361	0.1	56	0.05	0.03	0.7	20	0	18
0479	Paste, canned	35	3.0	932	65	0.8	247	0.16	0.19	3.2	-	0	42
0480	Catsup/ketchup, bottled	14	0.8	371	605	0.3	98	0.07	0.06	1.2	-	0	13
0481	Tomato sauce, Spanish style	17	3.5	-	472	-	99	0.07	0.06	1.3	-	0	9
0482	Tree tomato *(Cyphomandra betacea)*	9	0.8	-	-	-	230	0.10	0.04	1.2	-	0	29
	Tumeric, tuber — see item 0883												
	Turnip *(Brassica rapa)*												
0483	Tuber	30	0.3	191	67	-	0	0.04	0.03	0.4	15	0	21
	Tops/greens — see items 0429 & 0430												
	Wax gourd *(Benincasa hispida)* or White gourd												
0484	Raw	19	0.4	6	111	-	0	0.04	0.11	0.4	-	0	13
0485	Cooked, drained	18	0.4	5	107	-	0	0.03	0	0.4	-	0	11
	Water chestnut, Chinese *(Eleocharis dulcis)*												
0486	Raw	11	0.6	584	14	-	0	0.14	0.20	1.0	-	0	4

7. Fruits

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Citrus Fruits											
	Grapefruit *(Citrus paradisi)*											
0487	Fruits, all varieties	91.4	30	126	0.6	0.1	0	0	7.7	1.3	49	5, 30
0488	Juice, fresh	90.0	39	163	0.5	0.1	0	0	9.2	0	0	5
0489	Juice, canned, sweetened	87.4	46	194	0.6	0.1	0	0	11.1	-	0	5
0490	Juice, canned, unsweetened	90.1	38	158	0.5	0.1	0	0	9.0	0	0	5
0491	Grapefruit and orange juice blended, canned, sweetened	88.6	43	180	0.6	0.1	0	0	10.3	-	0	5
	Lemons *(C. limon)*											
0492	Fruits	89.0	29	123	1.1	0.3	0	0	9.3	0.4*	47	5
0493	Juice, fresh	90.7	25	103	0.4	0	0	0	8.6	0.1	0	5, 30
	Limes *(C. aurantifolia)*											
0494	Fruits	88.3	30	126	0.7	0.2	0	0	10.5	0.5*	16	5
0495	Juice, fresh	90.2	27	111	0.4	0.1	0	0	9.0	0	0	5
0496	Limeade concentrate undiluted	50.0	187	782	0.2	0.1	0	0	49.5	-	0	34
	Orange *(Citrus sinensis)*											
0497	All varieties	86.8	47	197	0.9	0.1	0	0	11.8	1.2	27	5, 30
0498	Juice, fresh	88.3	45	187	0.7	0.2	0	0	10.4	0.1	0	5, 30
0499	Juice, canned, sweetened	89.0	42	175	0.6	0.1	0	0	9.9	0.1*	0	5
0500	Juice, frozen, concentrate unsweetened, undiluted	57.9	159	667	2.4	0.2	0	0	38.2	0.2*	0	5
0501	Ortanique *(C. 'Putative X')*	86.0	49	205	1.0	0.2	0	0	12.2	0.5*	27-rind, seeds	26
0502	Shaddock, pomelo *(C. grandis)*	90.3	34	142	0.6	0.2	0	0	8.5	0.8*	38-rind, seeds	26
	Tangerines, mandarin *(C. reticulata)*											
0503	Fresh, fruit	87.6	44	184	0.6	0.2	0	0	11.2	0.3*	28	5, 30
0504	Juice, fresh	88.9	43	180	0.5	0.2	0	0	10.1	0.1*	0	5
	Other Fruits											
	Ackee — see item 0436											
	Apple *(Malus domestica)*											
0505	Fresh fruit	83.9	59	245	0.2	0.4	0	0	15.3	0.8*	8	5
0506	Juice canned or bottled	87.9	47	196	0.1	0.1	0	0	11.7	0.2*	0	5
0507	Juice, frozen concentrate	57.0	166	693	0.5	0.4	0	0	41.0	-	0	5

Crude fibre

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Citrus Fruits												
	Grapefruit *(Citrus paradisi)*												
0487	Fruits, all varieties	11	0.1	129	0	0.1	26	0.03	0.02	0.2	12.2	0	38
0488	Juice, fresh	9	0.2	162	1	0.1	-	0.04	0.02	0.2	-	0	38
0489	Juice, canned, sweetened	8	0.4	162	2	0.1	0	0.04	0.02	0.3	10.4	0	27
0490	Juice, canned, unsweetened	7	0.2	153	1	0.1	1	0.04	0.02	0.2	10.4	0	29
0491	Grapefruit and orange juice blended, canned, sweetened	8	0.5	158	3	0.1	12	0.06	0.03	0.3	-	0	29
	Lemons *(C. limon)*												
0492	Fruits	26	0.6	138	2	0.1	3	0.04	0.02	0.1	10.6	0	53
0493	Juice, fresh	7	0	124	1	0.1	2	0.03	0.01	0.1	12.9	0	46
	Limes *(C. aurantifolia)*												
0494	Fruits	33	0.6	102	2	0.1	1	0.03	0.02	0.2	8.2	0	29
0495	Juice, fresh	9	0	109	1	0.1	1	0.02	0.01	0.1	-	0	29
0496	Limeade concentrate undiluted	5	0.1	59	-	-	-	0.01	0.01	0.1	-	0	12
	Orange *(Citrus sinensis)*												
0497	All varieties	40	0.1	181	0	0.1	21	0.09	0.04	0.3	30.3	0	53
0498	Juice, fresh	11	0.2	200	1	0.1	20	0.09	0.03	0.4	-	0	50
0499	Juice, canned, sweetened	8	0.4	175	2	0.1	18	0.06	0.03	0.3	-	0	34
0500	Juice, frozen, concentrate unsweetened, undiluted	32	0.4	674	3	0.2	28	0.03	0.06	0.7	155.3	0	138
0501	Ortanique *(C. 'Putative X')*	41	0.4	-	-	-	20	0.10	0.04	0.4	-	0	50
0502	Shaddock, pomelo *(C. grandis)*	26	0.5	-	-	-	0	0.04	0.02	0.2	-	0	35
	Tangerines, mandarin *(C. reticulata)*												
0503	Fresh, fruit	14	0.1	160	1	0.1	92	0.11	0.02	0.2	20.4	0	31
0504	Juice, fresh	18	0.2	178	1	0	42	0.06	0.02	0.1	-	0	31
	Other Fruits												
	Ackee — see item 0436												
	Apple *(Malus domestica)*												
0505	Fresh fruit	7	0.2	115	0	0	5	0.02	0.01	0.1	2.8	0	6
0506	Juice canned or bottled	7	0.4	119	3	0	0	0.02	0.02	0.1	0.1	0	1
0507	Juice, frozen concentrate	20	0.9	448	25	0.1	-	0.01	0.05	0.1	1.0	0	2

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0508	Apricot *(Prunus armeniaca)*	86.4	48	201	1.4	0.4	0	0	11.1	1.32	7	5
	Avocado — see item 0439											
	Caimit, star apple *(Chrysophyllum cainito)*											
0509	Fruit, ripe	82.8	68	284	0.8	1.6	0	0	14.5	1.0*	52-skin, seeds	26
0510	Cantaloupe *(Cucumis melo var. cantalupensis)*	89.8	35	148	0.9	0.3	0	0	8.4	0.32	49	5
	Cashew, common *(Anacardium occidentale)*											
0511	Fresh fruit	87.1	46	192	0.8	0.2	0	0	11.6	1.5*	18-seed	26
	Whole seeds dry — see items 0325–0328											
	Cherries *(Prunus spp.)*											
0512	Fresh, sweet	80.8	72	300	1.2	1.0	0.2	0	16.6	0.4*	10	5
0513	Sweet syrup pack, heavy	77.6	83	347	0.6	0.2	0	0	21.3	0.3*	8	5
0514	Glace, sweet preserved	43.0	219	915	0.9	0.2	-	-	55.5	0.3	0	26
	Cherry, West Indies *(Malpighia puniciforlia)*											
0515	Fruit, ripe	91.4	32	132	0.4	0.3	0	0	7.7	0.4*	20-seeds	5
0516	Juice, fresh	94.0	21	88	0.4	0.3	0	0	4.8	0.3*	0-stem	5
	Coconuts — see items 0332–0337											
	Currants, black *(Ribes spp.)*											
0517	Raw	82.0	63	266	1.4	0.4	0	0	15.4	5.43	2	5
0518	Custard apple *(Annona reticulata)*	71.5	101	424	1.7	0.6	-	0	25.2	3.4*	42	5
	Dates *(Phoenix dactylifera)*											
0519	Dried	22.5	275	1151	2.0	0.5	-	0	73.5	5.10	10	5
	Figs, common *(Ficus carica)*											
0520	Fresh, ripe	79.1	74	310	0.8	0.3	0.1	0	19.2	1.2*	1	5
0521	Unripe	87.8	42	176	1.6	0.2	0	0	9.8	1.9*	4	32, 26
0522	Dried uncooked	28.4	255	1068	3.1	1.2	0.2	0	65.4	4.8*	1	5
0523	Fruit cocktail, canned in heavy syrup	76.4	88	370	0.4	0.1	0	0	22.9	0.4*	0	5
0524	Governor plum *(Flacourtia indica)*	69.5	108	454	0.5	0	0	0	29.5	0.5*	-	26
	Grapes *(Vitis spp.)*											
0525	Fresh	81.3	63	263	0.6	0.4	0.1	0	17.2	0.8*	42	5
0526	Juice canned/bottled	84.1	61	256	0.6	0.1	0	0	15.0	-	0	5

**Crude fibre*

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0508	Apricot *(Prunus armeniaca)*	14	0.5	296	1	0.3	261	0.03	0.04	0.6	8.6	0	10
	Avocado — see item 0439												
	Caimit, star apple *(Chrysophyllum cainito)*												
0509	Fruit, ripe	21	0.8	-	-	-	-	0.04	0.03	1.0	-	0	11
0510	Cantaloupe *(Cucumis melo var. cantalupensis)*	11	0.2	309	9	0.2	322	0.04	0.02	0.6	17.0	0	42
	Cashew, common *(Anacardium occidentale)*												
0511	Fresh fruit	4	1.0	-	-	-	40	0.03	0.03	0.4	-	0	219
	Whole seeds dry — see items 0325–0328												
	Cherries *(Prunus spp.)*												
0512	Fresh, sweet	15	0.4	224	0	0.1	21	0.05	0.06	0.4	4.2	0	7
0513	Sweet syrup pack, heavy	9	0.4	145	3	0.1	15	0.02	0.04	0.4	-	0	4
0514	Glace, sweet preserved	15	0.3	-	-	-	5	0.02	0.02	0.2	-	0	3
	Cherry, West Indies *(Malpighia punicifortia)*												
0515	Fruit, ripe	12	0.2	146	7	-	77	0.02	0.06	0.4	-	0	1677
0516	Juice, fresh	10	0.5	97	3	-	51	0.02	0.06	0.4	-	0	1600
	Coconuts — see items 0332–0337												
	Currants, black *(Ribes spp.)*												
0517	Raw	55	1.5	322	2	0.3	23	0.05	0.05	0.3	-	0	181
0518	Custard apple *(Annona reticulata)*	30	0.7	382	4	-	-	0.08	0.10	0.5	-	0	19
	Dates *(Phoenix dactylifera)*												
0519	Dried	32	1.2	652	3	0.3	5	0.09	0.10	2.2	13	0	0
	Figs, common *(Ficus carica)*												
0520	Fresh, ripe	35	0.4	232	1	0.2	14	0.06	0.05	0.4	-	0	2
0521	Unripe	52	0.7	-	-	-	35	0.04	0.07	0.4	-	0	20
0522	Dried uncooked	144	2.2	712	11	0.5	13	0.07	0.09	0.7	8	0	1
0523	Fruit cocktail, canned in heavy syrup	6	0.3	86	6	0.1	20	0.02	0.02	0.4	-	0	2
0524	Governor plum *(Flacourtia indica)*	20	1.2	-	-	-	5	0.02	0.03	0.6	-	0	14
	Grapes *(Vitis spp.)*												
0525	Fresh	14	0.3	191	2	0	10	0.09	0.06	0.3	4	0	4
0526	Juice canned/bottled	9	0.2	132	3	0.1	1	0.03	0.04	0.3	3	0	0.1

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Raisins — see items 0562–0563											
	Guava *(Psidium guajava)*											
0527	Whole	86.1	51	211	0.8	0.6	0.2	0	11.9	5.6	20	5
0528	Pulp only	83.8	57	238	0.5	0.1	0	0	15.2	2.4*	-	26
0529	Nectar	80.5	72	301	0.4	0.1	0	0	18.0	1.8*	0	26
0530	Guinep, genip *(Melicoccus bijugatus)*	78.4	59	247	1.1	0.2	0	0	19.9	1.4*	49-shells, seed	26
0531	Hog plum *(Spondias mombin)*	82.7	70	293	0.8	2.1	0	0	13.8	1.0	34-seed	26
0532	Jackfruit *(Artocarpus heterophyllus)*	73.2	94	393	1.5	0.3	-	0	24.0	1.0	72	5
0533	Java plum *(Syzygium cumini)*	83.1	60	253	0.7	0.2	-	0	15.6	0.3*	19	5
0534	Jujube, Coolie Plum or Dunks *(Ziziphus jujuba and Z. mauritiana)*	77.9	79	329	1.2	0.2	-	0	20.2	1.4*	7	5
	Lychee, litchi *(Litchi chinesis)*											
0535	Fresh	81.8	66	276	0.8	0.4	-	0	16.5	0.2*	40	5
0536	Dried	22.3	277	1160	3.8	1.2	-	0	70.7	1.4*	46	5
0537	Canned in syrup	79.3	68	290	0.4	tr	tr	0	17.7	3.0	0	30
0538	Malacca apple, otaheite apple *(Syzygium malaccense)*	90.9	32	134	0.6	0.1	0	0	8.0	0.7*	24	26
0539	Mammee apple *(Mammea americana)*	86.2	51	213	0.5	0.5	-	0	12.5	1.0*	40	5
	Mango *(Mangifera indica)*											
0540	Ripe	81.7	65	273	0.5	0.3	0.1	0	17.0	1.08	31	5, 30
0541	Canned in syrup	74.8	77	330	0.3	tr	tr	0	20.3	0.7	0	30
0542	Nectar	79.2	80	336	0.3	0.2	0	0	20.0	0.6*	0	26
0543	Green	87.6	44	185	0.4	0.2	0	0	11.5	0.8*	50	26
0544	Mangosteen *(Garcinia mangostana)*	79.7	76	319	0.7	0.8	0	0	18.6	1.3*	74	26
0545	Muskmelon** *(Cucumis melo)*, fresh	89.8	35	148	0.9	0.3	0	0	8.4	0.32	49	5, 26
0546	Otaheite gooseberry, jimbling *(Phyllanthus acidus)*	91.4	37	155	1.0	1.8	0	0	5.2	2.1*	31-seeds	26
0547	Passion Fruit/granadilla *(Passiflora edulis & Passiflora quandragularis)*	72.9	97	408	2.2	0.7	0	0	23.4	10.9*	48	5, 30
	Pawpaw, papaya *(Carica papaya)*											
0548	Fresh fruit	88.8	39	161	0.6	0.1	0	0	9.8	0.9	33	5
0549	Nectar, canned	85.0	57	238	0.2	0.2	0	0	14.5	-	0	5

**Crude fibre*

***See Item 0510 (canteloupe) if netted varieties*

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Raisins — see items 0562 & 0563												
	Guava *(Psidium guajava)*												
0527	Whole	20	0.3	284	3	0.2	79	0.05	0.05	1.2	-	0	184
0528	Pulp only	20	0.6	-	-	-	25	0.01	0.04	0.5	-	0	72
0529	Nectar	15	0.5	-	-	-	55	0.01	0.03	0.4	-	0	54
0530	Guinep, genip *(Melicoccus bijugatus)*	12	0.6	-	-	-	10	0.05	0.02	0.7	-	0	5
0531	Hog plum *(Spondias mombin)*	26	2.2	-	-	-	25	0.08	0.06	0.5	-	0	28
0532	Jackfruit *(Artocarpus heterophyllus)*	34	0.6	303	3	0.4	30	0.30	-	0.4	-	0	7
0533	Java plum *(Syzygium cumini)*	19	0.2	79	14	-	0	0.01	0.01	0.3	-	0	14
0534	Jujube, Coolie Plum or Dunks *(Ziziphus jujuba and Z. mauritiana)*	21	0.5	250	3	0.1	4	0.02	0.04	0.9	-	0	69
	Lychee, litchi *(Litchi chinesis)*												
0535	Fresh	5	0.3	171	1	0.1	0	0.01	0.07	0.6	-	0	72
0536	Dried	33	1.7	1110	3	0.3	0	0.01	0.57	3.1	-	0	183
0537	Canned in syrup	4	0.7	75	2	0.2	0	tr	0.04	tr	-	0	8
0538	Malacca apple, otaheite apple *(Syzygium malaccense)*	6	0.4	-	-	-	0	0.03	0.03	0.3	-	0	13
0539	Mammee apple *(Mammea americana)*	11	0.7	47	15	-	23	0.02	0.04	0.4	-	0	14
	Mango *(Mangifera indica)*												
0540	Ripe	8	0.5	120	1	0.1	389	0.03	0.03	0.3	-	0	25
0541	Canned in syrup	10	0.4	100	3	0.3	245	0.02	0.03	0.2	-	0	10
0542	Nectar	9	0.6	-	-	-	475	0.04	0.05	0.3	-	0	40
0543	Green	14	0.4	-	-	-	15	0.02	0.03	0.2	-	0	128
0544	Mangosteen *(Garcinia mangostana)*	18	0.3	-	-	-	-	0.06	0.01	0.4	-	0	2
0545	Muskmelon* *(Cucumis melo)*, raw	15	1.2	-	-	-	115	0.04	0.03	0.6	-	0	29
0546	Otaheite gooseberry, jimbling *(Phyllanthus acidus)*	20	3.2	-	-	-	10	0.05	0.02	0.5	-	0	11
0547	Passion Fruit/granadilla *(Passiflora edulis & Passiflora quandragularis)*	11	1.3	200	19	0.8	125	0.03	0.12	1.5	-	0	23
	Pawpaw, papaya *(Carica papaya)*												
0548	Fresh fruit	24	0.1	257	3	0.1	201	0.03	0.03	0.3	-	0	62
0549	Nectar, canned	10	0.3	31	5	0.15	11	0.01	0	0.2	2.1	0	3

**See Item 0510 (canteloupe) if netted varieties*

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Peach *(Prunus persica)*											
0550	Fresh fruit	87.7	43	180	0.7	0.1	0	0	11.1	0.6	24	5
0551	Canned in heavy syrup	79.3	74	310	0.5	0.1	0	0	19.9	0.3*	0	5
0552	Nectar canned	85.6	54	225	0.3	0	0	0	13.9	0.2	0	5
	Pear *(Pyrus communis)*											
0553	Fresh fruit	83.8	59	247	0.4	0.4	0	0	15.1	2.5	8	5
0554	Canned in heavy syrup	80.4	74	308	0.2	0.1	0	0	19.2	0.6*	0	5
	Pineapple *(Ananas comosus)*											
0555	Fresh	86.5	49	207	0.4	0.4	0	0	12.4	1.5	48	5
0556	Canned, juice pack	83.5	60	252	0.4	0.1	0	0	15.7	0.8	0	5
0557	Juice, canned sweetened	85.5	56	233	0.3	0.1	0	0	13.8	0.1*	0	5
0558	Pineapple juice and orange juice drink, canned, unsweetened	87.8	46	192	0.3	0	0	0	11.5	-	0	5, 24
0559	Pomergranate *(Punica granatum)*	81.0	68	283	1.0	0.3	0	0	17.2	0.2*	44	5
	Prickly pear — see item 0470											
	Prunes *(Prunus spp.)*											
0560	Dried, medium size	32.4	239	1000	2.6	0.5	0	0	62.7	2.0*	13	5
0561	Juice canned or bottled	81.2	71	291	0.6	0	0	0	17.5	0	0	5
	Raisins *(Vitis vinifera)*											
0562	Golden, seedless	15.0	302	1262	3.4	0.5	0.2	0	79.5	1.4*	0	5
0563	Unbleached	13.2	272	1159	2.1	0.4	-	0	69.3	2.0	0	30
0564	Rose apple *(Syzygium jambos)*	93.0	25	105	0.6	0.3	-	0	5.7	1.1*	33	5
0565	Sapodilla, Naseberry *(Manilkara zapota)*	78.0	83	345	0.4	1.1	-	0	20.0	5.3	20	5
	Sorrel *(Hibiscus sabdariffa)*											
0566	Raw	84.5	55	230	1.7	1.0	0	0	12.0	1.0*	-	26
0567	Dried	9.2	304	1271	7.2	2.6	0	0	74.1	12.0*	-	26
0568	Soursop *(Annona muricata)*	81.2	66	278	1.0	0.3	0	0	16.8	1.1*	33	5
	Strawberry *(Fragaria spp.)*											
0569	Fresh fruit	91.6	30	127	0.6	0.4	0	0	7.0	1.9	6	5
0570	Whole, frozen, sweetened	78.1	78	328	0.5	0.1	0	0	21.0	0.6	0	5
0571	Surinam cherry *(Eugenia uniflora)*	90.8	33	138	0.8	0.4	0	0	7.5	0.6*	-	5
0572	Sweetsop, sugar apple *(Annona squamosa)*	72.8	96	403	1.6	0.2	0	0	24.6	1.6*	57-skin, seed	26

Crude fibre

7. Fruits *continued*

Values per 100 g

No	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Peach *(Prunus persica)*												
0550	Fresh fruit	5	0.1	197	0	0.1	54	0.02	0.04	1.0	3.4	0	7
0551	Canned in heavy syrup	3	0.3	92	6	0.1	33	0.01	0.02	0.6	3.2	0	3
0552	Nectar canned	5	0.2	40	7	0.1	26	0	0.01	0.3	-	0	5
	Pear *(Pyrus communis)*												
0553	Fresh fruit	11	0.3	125	0	0.1	2	0.02	0.04	0.1	7.3	0	4
0554	Canned in heavy syrup	5	0.2	65	5	0.1	0	0.01	0.02	0.2	1.2	0	1
	Pineapple *(Ananas comosus)*												
0555	Fresh	7	0.4	113	1	0.1	2	0.09	0.04	0.4	10.6	0	15
0556	Canned, juice pack	14	0.3	122	1	0.1	4	0.10	0.02	0.3	-	0	10
0557	Juice, canned sweetened	17	0.3	134	1	0.1	0	0.06	0.02	0.3	23.1	0	11
0558	Pineapple juice and orange juice drink, canned, unsweetened	5	0.2	70	tr	-	50	0.02	0.01	0.1	-	0	16
0559	Pomergranate *(Punica granatum)*	3	0.3	259	3	-	-	0.03	0.03	0.3	-	0	6
	Prickly pear — see item 0470												
	Prunes *(Prunus spp.)*												
0560	Dried, medium size	51	2.5	745	4	0.5	199	0.08	0.16	2.0	3.7	0	3
0561	Juice canned or bottled	12	1.2	276	4	0.2	0	0.02	0.07	0.8	0.4	0	4
	Raisins *(Vitis vinifera)*												
0562	Golden, seedless	53	1.8	746	12	0.3	4	0.01	0.19	1.1	3.3	0	3
0563	Unbleached	46	3.8	1020	60	0.7	2	0.12	0.05	0.6	10	0	1
0564	Rose apple *(Syzygium jambos)*	29	0.1	123	0	0.1	34	0.02	0.03	0.8	-	0	22
0565	Sapodilla, Naseberry *(Manilkara zapota)*	21	0.8	193	12	-	6	-	0.02	0.2	-	0	15
	Sorrel *(Hibiscus sabdariffa)*												
0566	Raw	110	2.2	-	-	-	5	0.04	0.06	0.4	-	-	18
0567	Dried	659	9.0	-	-	-	-	0.12	0.28	3.8	-	-	7
0568	Soursop *(Annona muricata)*	14	0.6	278	14	-	0	0.07	0.05	0.9	-	0	21
	Strawberry *(Fragaria spp.)*												
0569	Fresh fruit	14	0.4	166	1	0.1	3	0.02	0.07	0.2	17.7	0	57
0570	Whole, frozen, sweetened	11	0.5	98	1	0.1	3	0.02	0.08	0.3	3.8	0	40
0571	Surinam cherry *(Eugenia uniflora)*	9	0.2	103	3	-	150	0.03	0.04	0.3	-	0	26
0572	Sweetsop, sugar apple *(Annona squamosa)*	28	1.8	-	-	-	-	0.11	0.15	0.9	-	0	35

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0573	Tamarind *(Tamarindus indica)*	22.6	272	1137	3.1	0.4	0	0	71.8	3*	51-skin and seeds	24, 26
	Tomato — see items 0475–0478											
	Watermelon *(Citrullus lanatus)*											
0574	Fresh fruit	91.5	32	132	0.6	0.4	0	0	7.2	0.2	48	5
	Seeds, dry — see item 0341											
0575	Fruits, dried, unspecified	20.5	281	1180	2.9	0.6	0	0	73.6	2.2	5	26
0576	Fresh fruits, unspecified for tropical area	83.4	63	265	0.8	1.1	0	0	14.1	1.0	35	26

**Crude fibre*

7. Fruits *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0573	Tamarind *(Tamarindus indica)*	54	1.0	781	28	-	5	0.43	0.14	1.9	-	0	6
	Tomato — see items 0475–0478												
	Watermelon *(Citrullus lanatus)*												
0574	Fresh fruit	8	0.2	116	2	0.1	37	0.08	0.02	0.2	2.2	0	10
	Seeds, dry — see item 0341												
0575	Fruits, dried, unspecified	68	2.7	-	-	-	50	0.09	0.11	1.3	-	0	5
0576	Fresh fruits, unspecified for tropical area	21	0.5	-	-	-	60	0.05	0.05	0.4	-	0	37

8. Meats

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Beef											
	Whole caracass											
0577	Choice, raw	57.3	291	1218	17.3	24.0	9.8	74	0	0	19	7
0578	Select, raw	58.2	278	1164	17.5	22.6	9.2	74	0	0	20	7
0579	To ¼" fat select, raw	61.8	236	988	18.5	17.4	7.1	67	0	0	11	7
0580	To ¼" fat select, cooked	52.4	291	1219	26.2	19.9	7.9	86	0	0	0	7
	Retail cuts trimmed											
0581	To ¼" fat, raw	60.4	251	1052	18.2	19.2	7.8	67	0	0	11	7
0582	To ¼" fat, cooked	51.4	305	1277	25.9	21.5	8.5	88	0	0	13	7
0583	To ¼" fat choice, raw	59.9	259	1086	18.2	20.2	8.2	68	0	0	12	7
0584	To ¼" fat choice, cooked	50.1	322	1347	25.5	23.6	9.4	88	0	0	13	7
0585	Stewing steak, lean and fat, raw	68.7	176	736	20.2	10.6	4.5	63	0	0	4	27, 30
	Ground beef/mince											
0586	Extra lean, raw	63.2	234	980	18.7	17.1	6.8	69	0	0	0	7
0587	Lean, raw	60.2	264	1104	17.7	20.7	8.3	75	0	0	0	7
0588	Regular, raw	56.1	310	1299	16.6	26.6	10.8	85	0	0	0	7
0589	Patties, frozen, raw*	58.7	282	1181	17.1	23.2	9.4	79	0	0	0	7
	Processed products											
0590	Corned, boneless, cooked	59.8	251	1048	18.2	19.0	6.3	98	0	0	1	7
0591	Uncooked, medium fat	66.6	198	827	14.7	14.9	4.7	54	0	0	1	7
0592	Canned, medium fat	59.0	218	914	26.0	11.8	5.0	94	0	0	0	28
0593	Salted beef, boiled, lean only	59.7	173	730	32.3	4.9	2	82	0	0	0	30
	Sausages											
0594	Bologna, mixture of beef and pork	54.3	316	1320	11.7	28.3	10.7	55	2.8	0	0	20
	Frankfurters											
0595	Beef	54.0	322	1349	11.3	29.4	12.0	48	2.4	0	0	20
0596	Beef and pork	53.9	320	1341	11.3	29.2	10.8	50	2.6	0	0	20
0597	Chicken	57.5	257	1076	12.9	19.5	5.5	101	6.8	-	0	20
0598	Liverwurst	52.1	326	1365	14.1	28.5	10.6	158	2.2	-	0	20, 30
0599	Vienna, canned	59.9	279	1168	10.3	25.2	9.3	52	2.0	0	0	20
0600	Luncheon meat (pork), canned	51.6	334	1399	12.5	30.3	10.8	62	2.1	0	0	20
	Salami											
0601	Beef, cooked	59.3	254	1061	14.7	20.1	8.4	60	2.5	0	0	20
0602	Beef and pork, cooked	60.4	250	1044	13.9	20.1	8.1	65	2.3	0	0	20
0603	Dry or hard pork	36.2	407	1702	22.6	33.7	11.9	-	1.6	0	0	20

**Patties = ground meat only*

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Beef												
	Whole caracass												
0577	Choice, raw	8	1.8	267	59	3.6	0	0.08	0.16	3.5	7	2.7	0
0578	Select, raw	8	1.8	271	59	3.6	0	0.08	0.17	3.5	7	2.7	0
0579	To ¼" fat select, raw	7	1.9	303	57	3.7	0	0.09	0.16	3.2	6	2.9	0
0580	To ¼" fat select, cooked	10	2.7	316	62	5.9	0	0.08	0.21	3.7	7	2.5	0
	Retail cuts trimmed												
0581	To ¼" fat, raw	7	1.8	297	56	3.7	0	0.09	0.16	3.2	6	2.9	0
0582	To ¼" fat, cooked	10	2.6	313	62	5.9	0	0.08	0.21	3.6	7	2.4	0
0583	To ¼" fat choice, raw	7	1.8	296	56	3.6	0	0.09	0.16	3.1	6	2.9	0
0584	To ¼" fat choice, cooked	10	2.6	306	61	5.7	0	0.08	0.21	3.6	7	2.4	0
0585	Stewing steak, lean and fat, raw	8	2.1	320	72	3.8	tr	0.06	0.23	8.5	9	2	tr
	Ground beef/mince												
0586	Extra lean, raw	7	2.0	284	66	4	-	0.06	0.25	4.5	8	2.1	0
0587	Lean, raw	8	1.8	261	69	4	-	0.05	0.21	4.5	8	2.3	0
0588	Regular, raw	8	1.7	228	68	4	-	0.04	0.15	4.5	7	2.7	0
0589	Patties, frozen, raw	8	1.8	248	68	4	-	0.05	0.19	4.5	7	2.4	0
	Processed products												
0590	Corned, boneless, cooked	8	1.7	145	1134	5	-	0.03	0.17	3.0	-	1.6	16
0591	Uncooked, medium fat	7	1.7	297	1217	3	-	0.04	0.16	3.7	-	1.8	27
0592	Canned, medium fat	20	4.4	60	946	-	tr	0.02	0.22	3.4	-	-	0
0593	Salted beef, boiled, lean only	10	3.2	230	1000	6.2	tr	0.04	0.32	3.9	17	2.0	0
	Sausages												
0594	Bologna, mixture of beef and pork	12	1.5	180	1019	1.9	-	0.17	0.14	2.6	5	1.3	0
	Frankfurters												0
0595	Beef	12	1.3	159	1024	2.1	-	0.05	0.10	2.5	4	1.6	0
0596	Beef and pork	11	1.2	167	1120	1.8	-	0.20	0.12	2.6	4	1.3	0
0597	Chicken	95	2.0	-	1370	1.4	-	0.07	0.12	3.1	-	-	0
0598	Liverwurst	26	6.4	170	860	2.3	2605	0.27	1.03	4.3	30	85.6	0
0599	Vienna, canned	10	0.9	101	953	1.6	-	0.09	0.11	1.6	-	1.0	0
0600	Luncheon meat (pork), canned	6	0.7	215	1289	1.5	-	0.37	0.19	3.1	6	0.9	1
	Salami												
0601	Beef, cooked	9	2.0	225	1158	2.1	-	0.13	0.26	3.4	2	4.9	15
0602	Beef and pork, cooked	13	2.7	198	1065	2.1	-	0.24	0.38	3.6	2	3.7	12
0603	Dry or hard pork	13	1.3	-	2260	4.2	-	0.93	0.33	5.6	-	2.8	-

8. Meats *continued* **Values per 100 g**

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Mutton and Lamb											
	Whole carcass											
	Separable lean only											
0604	Choice, raw	73.4	134	561	20.3	5.3	1.9	65	0	-	Bone 23%, fat 19%*	9
0605	Choice, cooked	62.0	206	864	28.2	9.5	3.4	92	0	-	Bone 23%, fat 17%*	9
	Separable lean and fat											
0606	Choice, raw	60.7	267	1117	16.9	21.6	9.5	72	0	-	Bone 23%	9
0607	Choice, cooked	53.8	294	1229	24.5	20.9	8.8	97	0	-	Bone 25%	9
	Separable fat											
0608	Choice, raw	22.5	665	2785	6.7	70.6	32.2	90	0	-	0	9
0609	Choice, cooked	26.1	586	2452	12.2	59.2	27.0	114	0	-	0	9
	Pork											
	Whole carcass											
0610	Separable lean, only, raw	72	147	616	20.2	6.8	2.3	65	0	0	Bone, skin 19% fat 18%*	8
0611	Separable lean, fat, raw	59.7	275	1150	16.74	22.6	8.2	72	0	0	Bone, skin 20%	8
0612	Separable fat, raw	18.1	712	2979	4.7	76.7	28	93	0	0	0	8
	Retail Cuts											
0613	Leg, raw	61.1	261	1090	17.1	20.8	7.5	74	0	0	Bone, skin 17%	8
0614	Leg, cooked	53.4	294	1228	25.0	20.7	7.5	93	0	0	Bone, skin 20%	8
0615	Shoulder, raw	60.3	275	1152	16.2	22.9	8.2	72	0	0	Bone, skin 20%	8
0616	Shoulder, cooked	51.1	331	1384	22.3	26.1	9.5	94	0	0	Bone, skin 27%	8
0617	Loin, raw	58.0	290	1212	16.9	24.1	8.7	68	0	0	Bone 21%	8
0618	Loin, cooked	43.8	368	1538	27.2	27.9	10.1	102	0	0	Bone 20%	8
0619	Back fat, raw	7.7	812	3399	2.9	88.7	32.2	57	0	0	Skin 11%	8
	Bacon											
0620	Streaky, raw	31.6	556	2328	8.7	57.5	21.3	67	0.1	0	0	8
0621	Streaky, cooked	12.9	576	2410	30.5	49.2	17.4	85	0.6	0	0	8
0622	Canadian style, raw	66.9	157	659	20.6	7.0	2.2	50	1.7	0	0	8
0623	Bologna	60.6	247	1035	15.3	19.9	6.9	59	0.7	0	0	20

**Separable fat*

8. Meats *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Mutton and Lamb												
	Whole carcass												
	Separable lean only												
0604	Choice, raw	10	1.8	280	66	4.1	-	0.13	0.23	6.0	23	2.6	0
0605	Choice, cooked	15	2.1	344	76	5.3	-	0.10	0.28	6.3	23	2.6	0
	Separable lean and fat												
0606	Choice, raw	12	1.6	230	58	3.4	-	0.12	0.22	6.1	18	2.4	0
0607	Choice, cooked	17	1.9	310	72	4.5	-	0.10	0.25	6.7	18	2.6	0
	Separable fat												
0608	Choice, raw	19	1.0	82	31	1.1	-	0.06	0.16	6.4	3	1.7	0
0609	Choice, cooked	23	1.3	194	58	1.7	-	0.07	0.17	7.8	3	2.4	0
	Pork												
	Whole carcass												
0610	Separable lean, only, raw	7	1.0	358	64	2.5	2	0.90	0.28	5.1	6	0.8	1
0611	Separable lean, fat, raw	6	0.9	297	55	2.1	2	0.72	0.2	4.3	4	0.7	1
0612	Separable fat, raw	3	0.3	94	18	0.5	3	0.13	0.08	1.6	1	0.3	0
	Retail cuts												
0613	Leg, raw, lean and fat	5	0.9	310	47	1.9	2	0.71	0.20	4.5	7	0.6	1
0614	Leg, cooked, lean and fat	6	1.0	329	59	2.9	2	0.63	0.31	4.6	10	0.7	0
0615	Shoulder, raw	5	1.0	92	63	2.5	2	0.68	0.26	3.7	4	0.7	1
0616	Shoulder, cooked	8	1.2	293	70	3.3	2	0.52	0.30	3.9	4	0.7	0
0617	Loin, raw	6	0.7	291	53	1.8	2	0.80	0.25	4.5	4	0.7	1
0618	Loin, cooked	8	1.2	345	65	3.0	3	0.61	0.30	6.0	4	0.8	0
0619	Back fat, raw	2	0.2	65	11	0.4	4	0.08	0.05	1.0	1	0.2	0
	Bacon												
0620	Streaky, raw	7	0.6	139	685	1.2	0	0.37	0.10	2.8	2	0.9	22
0621	Streaky, cooked	12	1.6	486	1596	3.3	0	0.70	0.29	7.3	5	1.8	34
0622	Canadian style, raw	8	0.7	344	1409	1.4	0	0.75	0.17	6.2	4	0.7	22
0623	Bologna	11	0.8	281	1184	2.0	-	0.52	0.16	3.9	5	0.9	35

8. Meats *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Satu-rated Fat g	Choles-terol mg	Carbo-hydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Ham											
0624	Boneless	66.9	162	680	18.3	8.4	2.7	53	2.3	0	0	8
0625	Picnic	54.7	280	1171	20.4	21.4	7.7	58	0	0	Bone, skin 27%	8
0626	Canned	71.1	144	603	18.0	7.5	2.5	38	0	0	0	8
0627	Salted pork, raw	11.0	748	3128	5.1	80.5	29.4	86	0	0	0	8
0628	Pork sausage, raw	53.2	326	1362	14.1	28.7	10.3	70	1.6	0	0	20
	Offals											
0629	Brain, beef, raw	78.2	126	525	9.8	9.3	2.2	1672	0	0	2	7
	Feet, trotters											
0630	Pork, medium fat	57.0	285	1197	20.2	22.0	-	-	0	0	45	26
	Heart											
0631	Beef	75.6	117	489	17.1	3.6	1.1	140	2.6	0	19	7
0632	Mutton or lamb	76.7	122	512	16.5	5.7	2.3	135	0.2	0	22	9
0633	Pork	76.2	118	494	17.3	4.4	1.2	131	1.3	0	0	8
	Intestine or tripe											
0634	Beef	81.4	98	409	14.6	4.0	2.0	95	0	0	0	7
0635	Pork	73.6	157	655	16.5	9.6	-	193	0	0	11	8
	Kidney											
0636	Beef	77.0	107	448	16.6	3.1	1.0	285	2.2	0	18	7
0637	Mutton or lamb	79.2	97	406	15.7	3.0	1.0	337	0.8	0	3	9
0638	Pork	80.1	100	417	16.5	3.3	1.0	319	0	0	7	8
	Liver											
0639	Beef, raw	69.0	143	597	20.0	3.9	1.5	354	5.8	0	0	7
0640	Beef, stewed	65.9	161	676	24.4	4.9	1.9	389	3.4	0	0	7
0641	Chicken, raw	72.9	135	567	19.1	6.3	2.0	380	0.6	0	0	30
0642	Mutton or lamb, raw	71.4	139	583	20.4	5.0	2.0	371	1.8	0	0	9
0643	Pork, raw	71.1	134	560	21.4	3.7	1.2	301	2.5	0	0	8
0644	Pork, cooked	64.3	165	692	26.0	4.4	1.4	355	3.2	0	0	8
	Lung											
0645	Beef	79.4	92	384	16.2	2.5	1.0	242	0	0	24	7
0646	Mutton or lamb	79.7	95	397	16.7	2.6	-	-	0	0	24	9
0647	Pork	79.5	85	354	14.1	2.7	1.0	320	0	0	13	8

8. Meats *continued*

Values per 100 g

No	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Ham												
0624	Boneless	7	0.9	297	1278	2.1	-	0.89	0.24	5.1	3	0.8	27
0625	Picnic	10	1	258	1072	2.5	0	0.61	0.19	4.1	3	0.9	-
0626	Canned	6	0.9	334	1276	1.8	-	0.88	0.23	4.6	6	0.8	25
0627	Salted pork, raw	6	0.4	66	1424	0.9	0	0.22	0.06	1.6	1	0.3	-
0628	Pork sausage, raw	12	1.4	237	876	1.9	-	0.50	0.15	3.4	-	1.0	1
	Offals												
0629	Brain, beef, raw	8	2.1	321	103	1.2	0	0.15	0.28	4.6	4	10.9	17
	Feet, trotters												
0630	Pork, medium fat	12	3.0	-	-	-	0	0.98	0.24	5.2	-	-	0
	Heart												
0631	Beef	2	4.6	266	63	2	0	0.19	1.02	9.5	2	13.7	6
0632	Mutton or lamb	6	4.6	316	89	2	0	0.37	0.99	6.1	2	10.3	5
0633	Pork	5	4.7	294	56	3	8	0.61	1.19	6.8	4	3.8	5
	Intestine or tripe												
0634	Beef	-	2.0	270	46	3	0	0.01	0.17	0.1	2	1.5	3
0635	Pork	10	2.0	201	52	2	-	0.09	0.12	4.5	-	1.0	-
	Kidney												
0636	Beef	6	7.4	257	179	2	264	0.38	2.60	8.0	80	27.0	9
0637	Mutton or lamb	13	6.4	277	156	2	95	0.62	2.20	7.5	28	52.4	11
0638	Pork	9	4.9	229	121	3	59	0.34	1.70	8.2	42	8.5	13
	Liver												
0639	Beef, raw	6	6.8	323	73	4	10503	0.26	2.80	12.8	248	69.2	22
0640	Beef, stewed	7	6.8	235	70	6.1	10602	0.2	4.1	10.7	217	71.0	23
0641	Chicken, raw	8	9.5	300	85	3	11325	0.36	2.70	10.2	590	56.0	23
0642	Mutton or lamb, raw	7	7.4	313	70	5	7390	0.34	3.60	16.1	230	90.1	4
0643	Pork, raw	9	23.3	273	87	6	6495	0.28	3.00	15.3	212	26.0	25
0644	Pork, cooked	10	17.9	150	49	7	5399	0.26	2.20	8.4	163	18.7	24
	Lung												
0645	Beef	10	8.0	340	198	2	14	0.05	0.23	4.0	11	3.8	39
0646	Mutton or lamb	-	6.4	238	157	2	27	-	-	-	-	-	31
0647	Pork	7	18.9	303	153	2	0	0.09	0.43	3.3	-	2.8	12

8. Meats *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Tail											
0648	Ox, lean only, raw	68.6	171	714	20.0	10.1	-	-	0	0	62	21
0649	Stewed (salt added)	53.9	243	1014	30.5	13.4	-	-	0	0	62	21
0650	Pig in brine	33.0	428	1797	12.6	42.0	-	-	0	0	65	26
0651	Pig, fresh	46.1	378	1581	17.8	33.5	11.6	97	1	0	30	8
0652	Pork trotters & tails Salted, boiled (23% trotters, 77% tails boiled for 2 hours)	53.5	280	1162	19.8	22.3	-	-	0	0	46	27
	Tongue											
0653	Beef, fresh, raw	64.5	224	937	14.9	16.1	6.9	87	3.7	0	16	7
0654	Pickled, boiled (fat and skin removed)	48.6	293	1216	19.5	23.9	-	(100)	0	0	-	30
0655	Mutton or lamb, fresh, raw	66.6	222	929	15.7	17.2	6.6	156	0	0	16	9
0656	Pork, fresh, raw	65.9	225	940	16.3	17.2	6.0	101	0	0	16	8
0657	Black pudding, fried	44.0	305	1270	12.9	21.9	(8.5)	68	-	-	0	30

8. Meats *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Tail												
0648	Ox, lean only, raw	9	2.7	270	110	6	tr	0.03	0.29	4.5	7	3	0
0649	Stewed (salt added)	14	3.8	170	190	9	tr	0.02	0.28	3.3	9	2	0
0650	Pig in brine	42	2.0	-	-	-	0	0.09	0.13	1.4	-	-	0
0651	Pig, fresh	18	-	-	-	-	0	0.21	0.11	2.1	-	-	0
0652	Pork trotters & tails Salted, boiled (23% trotters, 77% tails boiled for 2 hours)	129	0.7	30	1615	2	-	0.06	0.20	0.9	3	0.8	0
	Tongue												
0653	Beef, fresh, raw	6	3.0	315	69	3	-	0.13	0.34	4.2	7	3.8	3
0654	Pickled, boiled (fat and skin removed)	31	3.0	150	1000	-	tr	(0.06)	(0.29)	(4.1)	(5)	(4.0)	(2)
0655	Mutton or lamb, fresh, raw	9	3.0	257	78	2	0	0.15	0.38	4.7	4	7.2	6
0656	Pork, fresh, raw	16	3.4	243	110	3	0	0.49	0.49	5.3	-	2.8	4
0657	Black pudding, fried	35	20.0	140	1210	1	41	0.09	0.07	1.0	5	1.0	0

9. Poultry and Other Meats

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Chicken dressed, ready to cook											
0658	Young/broiler or fryer	66.3	213	889	18.3	14.8	4.2	90	0.1	0	31	11
0659	Meat only, light and dark, raw	74.4	121	508	20.5	4.3	-	-	0	0	0	27
0360	Mature/stewing	61.8	258	1081	17.6	20.3	5.7	71	0	0	30	11
	Cut-up parts											
0661	Breast, raw	69.5	172	722	20.9	9.3	2.7	64	0	0	20	11
0662	Breast, fried with flour	56.6	222	930	31.8	8.9	2.5	89	1.6	0	17	11
0663	Drum stick, raw	72.5	161	672	19.3	8.7	2.4	81	0	0	33	11
0664	Drum stick fried with flour	56.7	245	1026	27.0	13.7	3.7	90	1.6	0	34	11
0665	Neck, raw	60.0	297	1241	14.1	26.2	7.3	99	0	0	36	11
0666	Back, raw	58.1	319	1335	14.1	28.7	8.3	79	0	0	44	11
0667	Leg quarter, roast	42.4	92	388	15.4	3.4	1.0	48	0	0	62	30
0668	Thigh, raw	67.7	211	884	17.3	15.3	4.3	84	0	0	21	11
0669	Thigh fried with flour	54.1	262	1095	26.8	15.0	4.1	97	3.2	0	23	11
0670	Wings, raw	66.2	222	930	18.3	16.0	4.5	77	0	0	46	11
0671	Wings, fried with flour	48.6	321	1341	26.1	22.2	6.0	81	2.4	0	47	11
0672	Giblets,* raw	74.7	127	533	18.1	5.0	1.5	236	1.1	0	0	11
	Chicken frankfurter (see item 0597 under Sausages)											
0673	Duck, roast (meat, fat, skin)	49.6	339	1406	19.6	29.0	-	-	0	0	0	27
0674	Duck, domesticated, raw (meat, fat, skin)	48.5	404	1690	11.5	39.3	13.2	76	0	0	28	11
0675	Goose, dressed, raw	49.7	371	1552	15.9	33.6	9.8	80	0	0	19	11
0676	Turkey, fresh, whole	72.9	133	557	22.2	4.3	1.2	92	0.5	0	Bone, 25	11
0677	Turkey, dark meat, raw	75.9	114	478	20.3	3.6	-	81	0	0	75	30
0678	Turkey, light meat, raw	75.2	103	435	23.2	1.1	0.3	49	0	0	68	30
	Other Meats — Game											
0679	Goat, raw	75.8	109	455	20.6	2.3	0.7	57	0	0	-	9
0680	Mammals, dressed	73.8	124	518	21.4	3.6	-	-	0	0	16	26
0681	Birds, dressed	71.3	143	598	22.4	5.2	-	-	0	0	42	26
0682	Guinea pig, flesh only	78.2	96	401	19.0	1.6	-	-	0	0	-	26

Giblets = mixture of heart, gizzard and liver

9. Poultry and Other Meats *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Chicken dressed, ready to cook												
0658	Young/broiler or fryer	11	1.3	189	70	1.5	230	0.06	0.19	6.6	30	1.1	3
0659	Meat only, light and dark, raw	10	0.7	320	81	1.1	tr	0.10	0.16	11.6	12	tr	tr
0660	Mature/stewing	10	1.0	204	71	1.2	52	0.11	0.17	6.3	6	0.3	2
	Cut-up parts												
0661	Breast, raw	11	0.7	220	63	0.8	24	0.06	0.09	9.9	4	0.3	1
0662	Breast, fried with flour	16	1.2	259	76	1.1	15	0.08	0.13	13.7	4	0.3	0
0663	Drum stick, raw	11	1.0	206	83	2.0	28	0.07	0.18	5.5	9	0.4	3
0664	Drum stick fried with flour	12	1.3	229	89	2.9	25	0.08	0.23	6.0	8	0.3	0
0665	Neck, raw	18	1.9	137	64	1.9	65	0.05	0.19	3.6	5	0.3	1
0666	Back, raw	13	1.0	144	64	1.3	71	0.05	0.12	4.8	6	0.3	2
0667	Leg quarter, roast	6	0.5	190	50	0.9	tr	0.05	0.12	5.1	6	tr	0
0668	Thigh, raw	10	1.0	192	76	1.6	42	0.06	0.15	5.4	7	0.3	2
0669	Thigh fried with flour	14	1.5	237	88	2.5	29	0.09	0.24	6.9	8	0.3	0
0670	Wings, raw	12	1.0	156	73	1.3	44	0.05	0.09	5.9	4	0.3	1
0671	Wings, fried with flour	15	1.3	177	77	1.8	38	0.06	0.14	6.7	3	0.3	0
0672	Giblets,* raw	10	5.4	227	77	3.4	2877	0.08	0.82	6.2	276	9.4	13
	Chicken frankfurter (see item 0597 under Sausages)												
0673	Duck, roast (meat, fat, skin)	12	2.7	210	76	1.8	-	-	-	-	-	-	-
0674	Duck, domesticated, raw (meat, fat, skin)	11	2.4	209	63	1.4	51	0.20	0.21	3.9	13	0.3	3
0675	Goose, dressed	12	2.5	308	73	-	17	0.09	0.25	3.6	4	-	-
0676	Turkey, fresh, whole	13	1.8	246	61	2.0	118	0.04	0.20	4.1	26	1.9	0.2
0677	Turkey, dark meat, raw	11	1.2	270	68	2.4	tr	0.10	0.23	5.2	25	3.0	0
0678	Turkey, light meat, raw	6	0.5	320	43	1.2	tr	0.08	0.11	9.9	8	1.0	0
	Other Meats — Game												
0679	Goat, raw	13	2.8	385	82	4.0	-	0.11	0.49	3.8	5	1.1	-
0680	Mammals, dressed	17	2.6	-	-	-	0	0.06	0.23	6.8	-	-	0
0681	Birds, dressed	31	3.4	-	-	-	75	0.11	0.18	9.0	-	-	0
0682	Guinea pig, flesh only	29	1.9	-	-	-	-	0.06	0.14	6.5	-	-	0

**Giblets = mixture of heart, gizzard and liver*

9. Poultry and Other Meats *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0683	Iguana	72.9	112	470	24.4	0.9	-	-	0	0	-	26
0684	Rabbit, flesh, raw	72.8	136	568	20.1	5.6	1.7	57	0	0	-	14
0685	Rabbit, flesh, stewed	63.9	179	749	27.3	7.7	-	-	0	0	65	21
	Whale meat											
0686	Fresh, raw	70.9	156	655	20.6	7.5	-	-	0	0	0	26
0687	Sun-dried	(20)	(479)	2012	(60.7)	(23.7)	-	-	0	0	0	26

( ) = calculated values

9. Poultry and Other Meats *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0683	Iguana	25	3.4	-	-	-	225	0.05	0.24	8.2	-	-	0
0684	Rabbit, flesh, raw	13	2	330	41	1.6	-	0.10	0.15	7.3	8	7.2	0
0685	Rabbit, flesh, stewed	11	1.9	210	32	-	-	0.07	0.28	8.5	4	12	0
	Whale meat												
0686	Fresh, raw	12	-	-	-	-	560	0.09	0.08	-	-	-	6
0687	Sun-dried	(36)	-	-	-	-	(1680)	(0.25)	(0.20)	-	-	-	15

( ) = calculated values

10. Eggs

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Hen											
	Fresh eggs											
0688	Whole, fresh, frozen, raw	74.6	158	661	12.1	11.2	3.4	548	1.2	0	12	10
0689	White, fresh, frozen, raw	88.1	49	204	10.1	tr	0	0	1.2	0	0	10
0690	Yolk, fresh, raw	48.8	369	1546	16.4	32.9	9.9	1602	0.2	0	0	10
	Dried, powder											
0691	Whole	1.9	615	2575	48.2	44.0	13.2	2017	2.4	0	0	10
0692	Yolk	4.7	687	2876	30.5	61.3	18.4	2928	0.4	0	0	10
	Duck											
0693	Fresh, whole	70.8	185	776	12.8	13.8	3.7	884	1.5	0	12	10
0694	Whole, salted, boiled, shell removed	62.0	198	822	14.6	15.5	-	-	-	0	12	27
	Fish Roe, raw — see item 0719											
0695	**Iguana**	63.2	218	911	14.9	15.2	-	-	4.3	0	12	26
0696	**Turkey**, fresh, whole	72.5	171	716	13.7	11.9	3.6	933	1.2	0	12	10
0697	**Turtle**, fresh whole	79.2	115	481	12.6	6.3	-	350	0.9	0	12	26, 35

10. Eggs *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Hen												
	Fresh eggs												
0688	Whole, fresh, raw	56	2.0	130	138	1	156	0.09	0.30	0.1	65	1.6	0
0689	White, fresh, frozen, raw	11	0	137	152	0	0	0.01	0.29	0.9	16	0.1	0
0690	Yolk, fresh, raw	152	6.0	90	49	3	552	0.25	0.44	0.1	152	3.8	0
	Dried, powder												
0691	Whole	222	8.3	515	548	5.7	616	0.3	1.2	0.3	193	10.5	0
0692	Yolk	282	10.0	168	91	6	1028	0.44	0.81	0.1	213	7.1	0
	Duck												
0693	Fresh, whole	64	4.0	222	146	1	332	0.16	0.40	0.2	80	5.4	0
0694	Whole, salted, boiled, shell removed	99	3.2	800	1690	3.5	85	0.16	0.52	0.1	28	3.5	0
	Fish Roe, raw — see item 0719												
0695	**Iguana**	421	2.1	-	-	-	425	0.14	0.60	0.5	-	-	-
0696	**Turkey**, fresh, whole	99	4.0	-	-	-	-	0.11	0.47	0	-	-	0
0697	**Turtle**, fresh whole	62	1.6	150	121	1.7	65	0.28	0.31	0.1	-	3	-

11. Fish & Shell Fish

Values per 100 g

No	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %*	Reference
	Fish											
	Amber Jack *(Seriola spp.)*											
0698	Raw	80	85	356	18.1	0.9	-	-	0	0	46	26
0699	Dried, salted	12.2	275	1151	54.9	4.5	-	-	0	0	-	26, 36
0700	Anchovy *(Anchoa spp.)*	78.1	86	360	17.9	1.1	-	-	0	0	25	26
0701	Barracuda *(Sphyraena spp.)*	75.4	113	473	21.0	2.6	-	-	0	0	36	22, 26
0702	Bonito *(Thunnus spp.)*	67.6	168	703	24.1	7.3	-	-	0	0	-	22
	Butterfish *(Peprilus triacanthus)*											
0703	Raw	74.1	146	611	17.3	8.0	-	65	0	0	0	14
0704	Baked	66.8	187	784	22.2	10.3	-	83	0	0	-	14
0705	Carp, common *(Cyprinus carpio)*	76.3	127	530	17.8	5.6	1.1	66	0	0	70	14, 26
0706	Catfish *(Arius maculatus)*	78.0	103	431	17.6	3.1	-	-	0	0	65	22
	Codfish *(Gadus spp.)*											
0707	Raw	81.3	82	343	17.9	0.6	0.1	37	0	0	69	14, 26
0708	Salted	36.9	264	1104	39.7	1.5	-	-	0	0	15	26
0709	Dehydrated salted	12.3	375	1568	81.8	2.8	-	-	0	0	15	22
	Croaker *(Micropogan spp.)*											
0710	Raw	78.0	104	437	17.8	3.2	1.1	61	0	0	0	14, 22
0711	Cooked	71.3	133	556	24.3	3.2	-	-	0	0	-	22
0712	Cavlli *(Caranx hippos)*	73.4	115	481	20.9	2.8	-	-	0	0	50	26
0713	Dogfish *(Mustelus spp.)*	72.3	156	652	17.6	9.0	-	-	0	0	60	26
0714	Dolphin *(Coroyphaena spp.)*	77.6	85	357	18.5	0.7	0.2	73	0	0	50	14, 26
0715	Eel, pike eel *(Muraenesox cinereus)*	76.7	100	418	20.8	1.2	-	-	0	0	29	26
	Fish Flour											
0716	From whole fish	2.0	336	1404	78	0.3	-	-	0	0	0	22, 26
0717	From fillets	3.0	398	1664	93	0.1	-	-	0	0	0	22, 26
0718	From waste	3.0	305	1276	71	0.2	-	-	0	0	0	22
0719	Fish roe, cooked	58.6	204	852	28.6	8.2	1.9	479	1.9	0	0	14
0720	Fish stick, frozen, cooked	65.8	176	736	16.6	8.9	-	-	6.5	0	0	26
	Flounder *(Cyclopsetta chittendeni)*											
0721	Raw	81.3	79	330	16.7	0.8	-	-	0	0	45	22, 26

*When fish heads are eaten refuse would be reduced by 25-30%

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Fish												
	Amber Jack *(Seriola spp.)*												
0698	Raw	58	0.5	-	-	-	0	0.03	0.08	4.6	-	-	0
0699	Dried, salted	-	-	-	-	-	0	0.18	0.08	10.0	-	-	0
0700	Anchovy *(Anchoa spp.)*	469	0.7	-	-	-	-	0.01	0.08	3.7	-	-	0
0701	Barracuda *(Sphyraena spp.)*	27	0.8	-	-	-	-	0.12	0.09	4.1	-	-	0
0702	Bonito *(Thunnus spp.)*	28	0.7	-	-	-	-	0.01	0.05	12.8	-	-	0
	Butterfish *(Peprilus triacanthus)*												
0703	Raw	-	1.0	375	89	0.8	-	-	-	-	-	-	0
0704	Baked	-	0.6	481	114	1.0	-	-	-	-	-	-	0
0705	Carp, common *(Cyprinus carpio)*	41	1	333	49	1.5	9	0.01	0.04	1.5	-	1.5	1.6
0706	Catfish *(Arius maculatus)*	-	0.4	330	60	-	-	0.04	0.03	1.7	-	-	0
	Codfish *(Gadus spp.)*												
0707	Raw	7	0.3	403	71	0.4	8	0.02	0.04	2.0	-	-	0
0708	Salted	50	3.0	-	-	-	0	0.08	0.60	3.0	-	-	0
0709	Dehydrated salted	-	3.6	160	8100	-	0	0.08	0.45	10.9	-	-	0
	Croaker *(Micropogan spp.)*												
0710	Raw	15	0	234	87	0	60	0.12	0.08	5.5	-	-	0
0711	Cooked	-	-	323	120	-	70	0.13	0.10	6.5	-	-	0
0712	Cavlli *(Caranx hippos)*	-	-	-	-	-	-	-	-	-	-	-	0
0713	Dogfish *(Mustelus spp.)*	-	-	-	-	-	-	0.05	-	-	-	-	0
0714	Dolphin *(Coroyphaena spp.)*	-	1	416	88	0.5	-	-	-	-	-	-	-
0715	Eel, pike eel *(Muranesox cinereus)*	38	1.1	-	-	-	50	0.04	0.14	3.1	-	-	1
	Fish Flour												
0716	From whole fish	4610	41	430	170	-	-	0.07	0.62	2.2	-	-	0
0717	From fillets	920	8.0	80	40	-	-	-	-	-	-	-	0
0718	From waste	6040	54.0	540	220	-	-	-	-	-	-	-	0
0719	Fish Roe, cooked	11	0.4	-	0	-	0	0.04	0.07	1.6	-	-	0
0720	Fish stick, frozen, cooked	11	0.4	-	-	-	0	0.04	0.07	1.6	-	-	0
	Flounder *(Cyclopsetta chittendeni)*												
0721	Raw	12	0.8	342	78	-	-	0.05	0.05	1.7	-	-	0

11. Fish & Shell fish *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Flying fish											
0722	*(Cypselurus and Hirudichthyes spp.)*	77.5	91	380	21.0	0.2	-	-	0	0	38	26
0723	Goatfish *(Upeneus, Pseudupeneus and other spp.)*	77.6	96	401	20.4	1.0	-	-	0	0	55	26
	Grouper *(Epinephelus, Mycteroperca and Cephalopholis spp.)*											
0724	Raw	79.2	87	364	19.3	0.5	-	-	0	0	-	26
	Haddock *(Melanogrammus aeglefinus)*											
0725	Raw	80.5	79	331	18.3	0.1	-	-	0	0	52	22, 26
0726	Smoked	71.5	116	487	25.2	1.0	0.2	77	0	0	0	34
	Herring *(Clupea spp.)*											
0727	Raw, whole	71.5	195	817	16.4	13.9	3.3	77	0	0	45	14, 21
	Canned, solids and liquid											
0728	Plain	62.9	208	870	19.9	13.6	-	-	0	0	0	26
0729	In tomato sauce	66.7	176	736	15.8	10.5	-	-	3.7	0	0	26
0730	Smoked, bloaters	64.0	196	819	19.6	12.4	-	-	0	0	-	22
0731	Smoked, kippered	61.0	211	883	22.2	12.9	-	-	0	0	-	26
0732	Jacks *(Caranx spp.)*	76.5	99	414	20.0	1.5	-	-	0	0	-	26
0733	Jew fish *(Sciaena spp.)*	77.3	102	429	19.2	2.2	-	-	0	0	-	26
0734	Kingfish *(Scomber cavalla)*	77.3	105	439	18.3	3.0	-	-	0	0	30	22, 26
	Mackerel (*Scomber spp.)*											
0735	Raw	64.0	223	926	19.0	16.3	-	-	0	0	46	21, 26
0736	Canned, solids and liquid	69.2	156	652	23.2	6.3	1.9	79	0	0	0	34
0737	Salted	43.0	305	1276	18.5	25.1	-	-	0	0	-	26
0738	Smoked	59.4	219	916	23.8	13.0	-	-	0	0	-	26
0739	Mullet, Queriman *(Mugil spp.)*	72.6	146	611	19.6	6.9	-	-	0	0	47	22, 26
0740	Parrot fish (*Scarus & Sparisoma spp.)*	79.2	86	360	19.3	0.4	-	-	0	0	-	26
0741	Perch, white *(Roccus americanus)*, flesh only	75.7	118	494	19.3	4.0	-	-	0	0	0	26
0742	Pomfret *(Peprilus paru)*	73.7	152	636	18.3	8.7	-	-	0	0	17	26
0743	Porgy *(Calamus spp.)*	76.2	112	469	19.0	3.4	-	-	0	0	59	26
	Salmon *(Salmo spp.)*											
0744	Raw, pink	76.0	119	498	20.0	3.7	-	-	0	0	40*	21, 26
0745	Canned, pink	70.8	141	590	20.5	5.9	-	-	0	0	0	22, 26

*Salmon steak, refuse 12% (bone)

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Flying fish												
0722	*(Cypselurus and Hirudichthyes spp.)*	45	0.5	-	-	-	-	0.03	0.06	5.6	-	-	0
0723	Goatfish *(Upeneus, Pseudupeneus and other spp)*	-	-	-	-	-	-	-	-	-	-	-	0
	Grouper *(Epinephelus, Mycteroperca and Cephalopholis spp.)*,												
0724	Raw	0	0	-	-	-	-	0.17	0.05	-	-	-	0
	Haddock *(Melanogrammus aeglefinus)*												
0725	Raw	23	0.7	304	61	-	-	0.04	0.07	3.0	-	-	0
0726	Smoked	49	1.4	415	763	1.0	22	0.05	0.05	5.1	-	1.6	0
	Herring *(Clupea spp.)*												
0727	Raw, whole	33	1.1	423	74	0.5	32	Tr	0.18	4.1	5	6.0	Tr
	Canned, solids and liquid												
0728	Plain	147	1.8	-	-	-	35	0.02	0.18	3.5	-	-	-
0729	In tomato sauce	147	1.8	-	-	-	35	0.02	0.18	3.5	-	-	-
0730	Smoked, bloaters	-	-	-	-	-	-	-	-	-	-	-	0
0731	Smoked, kippered	66	1.4	-	-	-	10	0.02	0.28	3.3	-	-	0
0732	Jacks *(Caranx spp.)*	49	1.3	-	-	-	-	0.12	0.14	6.8	-	-	0
0733	Jew fish *(Sciaena spp.)*	41	1.0	-	-	-	21	0.04	0.15	3.7	-	-	0
0734	Kingfish *(Scomber cavalla)*	-	-	250	83	-	-	-	-	-	-	-	0
	Mackerel *(Scomber spp.)*												
0735	Raw	24	1.0	360	130	0.5	45	0.09	0.35	8.0	-	10.0	Tr
0736	Canned, solids and liquid	241	2.0	194	379	1	130	0.04	0.21	6.2	5	6.9	0.1
0737	Salted	-	-	-	-	-	-	-	-	-	-	-	-
0738	Smoked	-	-	-	-	-	-	-	-	-	-	-	-
0739	Mullet, Queriman *(Mugil spp.)*	26	1.8	292	81	-	-	0.07	0.08	5.2	-	-	-
0740	Parrot fish *(Scarus & Sparisoma spp.)*	36	0.5	-	-	-	-	0	0.05	1.4	-	-	-
0741	Perch, white *(Roccus americanus)*, flesh only	-	0.6	-	-	-	-	0.06	0.17	1.7	-	-	-
0742	Pomfret *(Peprilus paru)*	34	-	-	-	-	0	0.37	0.08	0.6	-	-	0
0743	Porgy *(Calamus spp.)*	54	-	-	-	-	-	-	-	-	-	-	-
	Salmon *(Salmo spp.)*												
0744	Raw, pink	27	0.7	310	98	0.8	Tr	0.20	0.15	7.0	26	5.0	Tr
0745	Canned, pink	196	0.8	361	387	-	20	0.03	0.18	8.0	-	-	0

11. Fish & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Sardine *(Sardinella spp.)*											
0746	Raw	70.7	160	674	19.2	8.6	-	-	0	0	45	22, 26
	Canned, solids and liquid											
0747	In oil	50.6	311	1301	20.6	24.4	2.8	65	0.6	0	0	21, 26, 30
0748	In tomato sauce	64.3	197	824	18.7	12.2	-	-	1.7	0	0	21, 22, 26
0749	Sea bass *(Lates calcarifer)*	80.7	80	335	17.8	0.4	-	-	0	0	45	26
	Shad *(Alosa sapidissima)*											
0750	Raw	68.2	197	822	16.9	13.8	-	-	0	0	0	14
0751	Cooked	59.2	252	1055	21.7	17.7	-	-	0	0	-0	14
0752	Shark *(Carcharhinus spp.)*	86.3	63	264	10.5	2.0	-	-	0	0	0	26
0753	Snapper *(Lutjanus, Apsilus, and Ocyurus spp.)*	77.4	90	378	19.8	0.6	-	-	0	0	48	22, 26
	Sprats											
0754	Fried, without head	33.7	441	1826	24.9	37.9	-	-	0	0	45 - head	21
0755	With bone	(29.6)	(388)	(1608)	(21.9)	(33.4)	-	-	0	0	-	21
0756	Sole *(Archirus spp.)*	81.3	79	-	16.7	0.8	-	-	0	0	67	22, 26
	Sturgeon fish *(Acipenser spp.)*											
0757	Raw	76.5	105	441	16.1	4.0	0.9	0	0	0	0	14
0758	Steamed	96.9	93	389	20.9	0.4	-	-	0	0	0	14
0759	Tarpon *(Tarpon atlanticus)*	76.9	93	389	20.9	0.4	-	-	0	0	50	26
	Tilapia *(Tilapia mossambica)*											
0760	Raw	77.4	106	144	18.8	2.8	-	-	0	0	0	26
0761	Trout *(Salmo gairdneri), cooked*	63.4	190	796	26.6	8.5	1.5	74	0	0	0	14
	Tuna *(Thunnus thynnus)*											
0762	Raw	71.0	108	453	23.4	1.0	0.2	45	0	0	-	14
0763	Canned, in oil	59.8	198	830	29.1	8.2	1.5	18	0	0	-	14
0764	Canned, in water	74.5	116	487	25.5	0.8	0.2	30	0	0	-	14
0765	Salad	(70.0)	(127)	(531)	(14.6)	(10.5)	(1.7)	(40)	(3.5)	0	-	22, 28
0766	Whiting *(Sillago silama)* "Banga Mary"	77.0	95	397	21.1	0.5	-	-	0	0	-	26
	All, unspecified											
0767	Round, bone not eaten	74.1	132	552	18.8	5.7	-	-	0	0	53	26
0768	Fillet	74.1	132	552	18.8	5.7	-	-	0	0	0	26
0769	Small, bone eaten	73.7	103	431	18.8	2.5	-	-	0	0	0	26
0770	Dried, salted, bone not eaten	13.8	269	1125	47.3	7.4	-	-	0	0	0	26
0771	Dried, boneless flesh	10.0	365	1527	75.0	5.0	-	-	0	0	0	26

11. Fish & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Sardine *(Sardinella spp.)*												
0746	Raw	80	3.0	-	-	-	20	0.02	0.15	5.4	-	-	-
	Canned, solids and liquid												
0747	In oil	354	3.5	360	540	2.5	55	0.02	0.16	4.4	7	23.0	0
0748	In tomato sauce	449	4.1	320	400	2.7	30	0.10	0.27	5.3	13	14.0	0
0749	Sea bass *(Lates calcarifer)*	46	0.3	-	-	-	0	0.05	0.06	3.1	-	-	-
	Shad *(Alosa sapidissima)*												
0750	Raw	47	1.0	384	51	0.4	-	-	-	-	-	-	-
0751	Cooked	60	1.0	492	65	0.5	-	-	-	-	-	-	-
0752	Shark *(Carcharhinus spp.)*	5	0.4	-	-	-	10	0.11	0.11	0.9	-	-	0
0753	Snapper *(Lutjanus, Apsilus, and Ocyurus spp.)*	16	0.8	323	67	-	-	0.17	0.20	2.5	-	-	-
	Sprats												
0754	Fried, without head	710	4.5	410	130	-	-	-	-	-	-	-	0
0755	With bone	(620)	(4.0)	(360)	(120)	-	-	-	-	-	-	-	0
0756	Sole *(Archirus spp.)*	12	0.8	342	78	-	-	0.05	0.05	1.7	-	-	-
	Surgeon fish *(Acanthurus spp.)*												
0757	Raw	-	-	284	-	0.4	210	-	-	-	-	-	-
0758	Steamed	-	-	-	-	-	-	-	-	-	-	-	-
0759	Tarpon *(Tarpon atlanticus)*	-	-	-	-	-	-	-	-	-	-	-	0
	Tilapia *(Tilapia mossambica)*												
0760	Raw	54	0.4	-	-	-	25	0.03	0.12	3.1	-	-	0
0761	Trout *(Salmo gairdneri)*, cooked	55	2.0	463	67	0.9	19	0.43	0.42	-	15	7.5	1
	Tuna *(Thunnus thynnus)*												
0762	Raw	16	1.0	-	37	0.5	18	0.43	0.05	9.8	-	-	-
0763	Canned, in oil	13	1.0	207	354	0.9	23	0.04	-	-	5	-	0
0764	Canned, in water	11	2.0	237	338	0.8	17	0.03	0.07	13.3	4	3.0	0
0765	Salad	(20)	1.3	(265)	(439)	-	(26)	(0.04)	(0.16)	(5.0)	-	-	1
0766	Whiting *(Sillago silama)* "Banga Mary"	110	0.8	-	-	-	30	0.02	0.04	5.3	-	-	-
	All, unspecified												
0767	Round, bone not eaten	31	1.0	-	-	-	15	0.06	0.15	2.5	-	-	0
0768	Fillet	31	1.0	-	-	-	15	0.06	0.15	2.5	-	-	0
0769	Small, bone eaten	794	2.3	-	-	-	15	0.05	0.10	3.0	-	-	0
0770	Dried, salted, bone not eaten	1018	4.9	-	-	-	45	0.07	0.33	6.2	-	-	0
0771	Dried, boneless flesh	112	3.0	-	-	-	0	0.15	0.30	7.4	-	-	0

11. Fish & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Shell Fish											
	Crabs *(Mythrax spp.)*											
0772	Boiled	72.5	127	534	20.1	1.2	0.2	76	0	0	84	27, 28
0773	Canned	77.2	101	423	17.4	2.5	0.6	162	1.1	0	0	26, 28
	Lobster *(Panulirus spp.)*											
0774	Raw, whole	74.1	112	467	20.6	1.5	0.2	70	2.4	0	74 - shell	14, 26
0775	Cooked (moist heat)	66.8	143	599	26.4	1.9	0.3	90	3.1	0	0	14
	Shrimp *(Penaeus and other species)*											
0776	Raw	78.2	86	359	17.3	0.2	-	-	2.5	0	31	13, 22
0777	Dried, salted, shell eaten	20.4	293	1226	63.0	2.2	-	-	1.0	0	0	26
0778	Frozen breaded	65.0	139	582	12.3	0.7	-	-	19.9	0	0	13
0779	French fried (7 medium)	(55.0)	(240)	(1008)	(19.2)	(12.0)	(3)	(202)	(13.0)	0	0	22, 28
	Molluscs											
	Abalone *(Haliotis spp.)*											
0780	Raw	74.6	105	437	17.1	0.8	0.1	85	6.0	0	58	14, 26
0781	Canned	80.2	80	335	16.0	0.3	-	-	2.3	0	0	26
	Clams, all kinds											
0782	Raw, in shell	81.7	76	318	12.6	1.6	(0.4)	(50)	2.0	0	75	22, 26
0783	Canned, meat and liquid	86.3	52	218	7.9	0.7	(0.6)	(65)	2.8	0	0	22, 26
0784	Octopus *(Octopus spp.)*	60.5	164	687	29.8	2.1	0.5	96	4.4	0	0	14
	Oyster *(Crassostrea spp.)*											
0785	Raw	82.1	81	341	9.5	2.3	(0.6)	(50)	5.0	0	0	14
0786	Fried, breaded	54.7	239	1000	8.6	13.9	(3.1)	(77)	18.6	0	0	22
0787	Canned, solid and liquid	82.2	76	318	8.5	2.2	-	-	4.9	0	0	22, 26
	Snail, fresh water											
0788	*(Thiara asparata Linn)*	79.2	90	377	16.1	1.4	-	-	2.0	-	71	22, 26
	Squid *(Loligo and Sepia spp.)*											
0789	Raw	80.2	84	351	16.4	0.9	-	-	1.5	0	20	22, 26
0790	Dried	21.7	305	1276	62.3	4.7	-	-	-	0	0	26
0791	Unspecified, in shell	81.0	80	335	12.8	1.6	-	-	0	0	75	26
0792	Whelks, boiled	77.5	91	385	18.5	1.9	-	-	Tr	0	85	21

11. Fish & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Shell Fish												
	Crabs *(Mythrax spp.)*												
0772	Boiled	29	1.3	270	370	5.5	Tr	0.10	0.15	6.3	20	Tr	Tr
0773	Canned	43	1.1	43	1620	0.8	17	0.13	0.13	3.1	-	-	0
	Lobster *(Panulirus spp.)*												
0774	Raw, whole	49	1.0	-	177	5.7	-	0.01	0.05	4.2	-	-	-
0775	Cooked (moist heat)	63	1.4	-	227	7.3	-	0.01	0.06	4.9	-	-	0
	Shrimp *(Penaeus and other species)*												
0776	Raw	63	1.6	220	140	-	-	0.02	0.03	3.2	-	-	0
0777	Dried, salted, shell eaten	684	4.9	-	-	-	-	0.10	0.08	7.2	-	-	0
0778	Frozen breaded	38	1.0	-	-	-	-	0.03	0.03	2.0	-	-	-
0779	French fried (7 medium)	(73)	(1.4)	(227)	(186)	-	(31)	(0.07)	(0.11)	(3.4)	-	-	0
	Molluscs												
	Abalone *(Haliotis spp.)*												
0780	Raw	31	3	-	301	0.8	-	-	-	-	5	-	-
0781	Canned	14	-	-	-	-	-	0.20	-	-	-	-	-
	Clams, all kinds												
0782	Raw, in shell	69	6.1	181	120	-	100	0.10	0.18	1.3	-	-	10
0783	Canned, meat and liquid	55	4.1	140	-	-	-	0.01	0.11	-	-	-	-
0784	Octopus *(Octopus spp.)*	106	9.5	-	-	3.4	-	0.06	0.08	3.8	-	-	-
	Oyster *(Crassostrea spp.)*												
0785	Raw	8	5.1	168	106	16.6	-	0.07	0.23	2.0	-	-	-
0786	Fried, breaded	152	8.1	203	206	-	440	0.17	0.29	3.2	-	-	-
0787	Canned, solid and liquid	28	5.6	70	-		-	0.02	0.20	0.8	-	-	-
	Snail, fresh water					-							
0788	*(Thiara asparata Linn)*	2702	0.3	-	-		125	0.01	0.23	1.9	-	-	-
	Squid *(Loligo and Sepia spp.)*					-							
0789	Raw	12	0.5	-	-	-	-	0.02	0.12	1.4	-	-	-
0790	Dried	46	2.0	-	-	-	-	0.06	0.42	4.7	-	-	-
0791	Unspecified, in shell	144	17.4	-	-	7.2	75	0.07	0.11	1.4	-	-	-
0792	Whelks, boiled	54	6.2	320	270		-	-	-	-	-	-	Tr

11. Fish & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Others											
	Frog *(Rana & Leptodactylus spp.)*											
0793	Legs	81.9	73	305	16.4	0.3	-	-	0	0	-	22
	Turtle *(Chelonia mydas)*											
0794	Raw	78.5	89	372	19.8	0.5	-	-	0	0	76 - shell	26
0795	Canned	75.0	106	444	23.4	0.7	-	-	0	0	-	26

11. Fishg & Shell Fish *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Others												
	Frog *(Rana & Leptodactylus spp.)*												
0793	Legs	18	1.5	-	-	-	0	0.14	0.25	1.2	-	-	-
	Turtle *(Chelonia mydas)*												
0794	Raw	-	-	-	-	-	-	-	-	-	-	-	-
0795	Canned	-	-	-	-	-	-	-	-	-	-	-	-

12. Milk & Milk Products

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Milk, Cow											
	Fluid											
0796	Whole, 3 3% fat	88.0	61	257	3.3	3.3	2.1	14	4.7	0	0	10
0797	Whole, 3.7% fat	87.7	64	269	3.3	3.7	2.3	14	4.7	0	0	10
0798	Low fat, 2% fat	89.2	50	208	3.3	1.9	1.2	8	4.8	0	0	10
0799	Long life (UHT treated)	87.6	65	274	3.3	3.8	-	-	4.7	0	0	21
0800	Skim	90.8	35	146	3.4	0.2	0.1	2	4.9	0	0	10
	Canned											
0801	Evaporated, unsweetened, whole	74.0	134	562	6.8	7.6	4.6	29	10.0	0	0	10
0802	Evaporated, unsweetened, skim, diluted	89.2	40	168	3.9	0.1	0.1	2	5.9	0	0	31
0803	Evaporated, unsweetened, 2% fat, undiluted	78.0	92	386	7.4	2.0	1.2	8	11.0	0	0	31
0804	Evaporated, unsweetened, 2% fat, diluted	88.5	48	202	3.9	1.0	0.6	4	6.0	0	0	31
0805	Condensed, sweetened	27.2	321	1342	7.9	8.7	5.5	34	54.4	0	0	10
	Dry											
0806	Whole	2.5	496	2075	26.3	26.7	16.7	97	38.4	0	0	10
	Skim											
0807	Regular*	3.2	362	1516	36.2	0.8	0.5	20	52.0	0	0	10
0808	Instant	4.0	358	1499	35.1	0.7	0.5	18	52.2	0	0	10
0809	Instant, calcium reduced	4.9	354	1481	35.5	0.2	0.1	2	51.8	0	0	10
	Cheese											
	Hard											
0810	Cheddar	36.8	403	1685	24.9	33.1	21.1	105	1.3	0	0	10
0811	Parmesan (grated)	17.7	456	1908	41.6	30.0	19.1	79	3.7	0	0	10
0812	Parmesan (hard)	29.2	392	1641	35.8	25.8	16.4	68	3.2	0	0	10
0813	Camembert	51.8	300	1254	19.8	24.3	15.3	72	0.5	0	0	10
0814	Brick	41.1	371	1552	23.2	29.7	18.8	94	2.8	0	0	10
	Semi-soft											
0815	Cream cheese	53.8	349	1461	7.6	34.9	22.0	110	2.7	0	0	10
0816	Processed	43.8	311	1291	21.5	25.0	19.7	94	tr	0	0	10, 21
0817	Processed cheese food	43.2	328	1378	19.6	24.6	15.4	64	7.3	0	0	10, 31

* When fortified with vitamins A and D, each quart of milk reconstituted according to label directions contains 200 μg vit. A and 10 μg vit. D

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Milk, Cow												
	Fluid												
0796	Whole, 3.3% fat	119	0.1	152	49	0	31	0.04	0.16	0.1	5	0.4	1
0797	Whole, 3.7% fat	119	0.1	151	49	0	34	0.04	0.16	0.1	5	0.4	1
0798	Low fat, 2% fat	122	0.1	154	50	0	57	0.04	0.17	0.1	5	0.4	1
0799	Long life (UHT treated)*	120	0.1	140	50	tr	31	0.04	0.19	0.1	5	0.2	2
0800	Skim	123	0	166	52	tr	61	0.04	0.14	0.1	5	0.4	1
	Canned												
0801	Evaporated, unsweetened, whole	261	0.2	303	106	1	54	0.05	0.32	0.2	8	0.2	2
0802	Evaporated, unsweetened, skim, diluted	151	0.2	172	61	tr	61	0.02	0.16	0.1	4	0.1	0
0803	Evaporated, unsweetened, 2% fat, undiluted	284	0.3	326	113	1	131	0.04	0.30	0.2	8	0.3	0
0804	Evaporated, unsweetened, 2% fat, diluted	149	0.2	170	60	1	68	0.02	0.16	0.1	4	0.1	0
0805	Condensed, sweetened	284	0.2	371	127	1	81	0.09	0.42	0.2	11	0.4	3
	Dry												
0806	Whole	912	0	1330	371	3	280	0.28	1.20	0.6	37	3.3	9
	Skim												
0807	Regular**	1257	0.3	1794	535	4	8	0.42	1.55	1.0	50	4.0	7
0808	Instant	1231	0.3	1705	549	4	710	0.41	1.74	0.9	50	4.0	6
0809	Instant, calcium reduced	280	-	680	2280	-	2	0.16	1.64	0.7	-	4.0	6
	Cheese												
	Hard												
0810	Cheddar	721	0.7	98	620	3	303	0.03	0.38	0.1	18	0.8	0
0811	Parmesan (grated)	1376	1.0	107	1862	3	-	0.05	0.39	0.3	8	-	0
0812	Parmesan (hard)	1184	0.8	92	1602	3	-	0.04	0.33	0.3	7	-	0
0813	Camembert	388	0.3	187	842	2	252	0.03	0.50	0.6	62	1.3	0
0814	Brick	674	0.4	136	560	3	302	0.01	0.35	0.1	20	1.3	0
	Semi-soft												
0815	Cream cheese	80	1.2	119	296	1	437	0.02	0.20	0.1	13	0.4	0
0816	Processed	700	0.5	82	1360	3	260	0.02	0.29	0.1	2	0.7	0
0817	Processed cheese food	574	0.8	279	1189	3	219	0.03	0.44	0.1	7	1.1	0

*Vitamin losses during storage are variable: total vit. C and folacin and 20% B_{12} may be lost

**When fortified with vitamins A and D, each quart of milk reconstituted according to label directions contains 200 µg vit A and 10 µg vit. D

12. Milk & Milk Products *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Soft, fresh (Cottage)											
0818	Creamed	79.0	103	433	12.5	4.5	2.9	15	2.7	0	0	10
0819	Creamed with fruits	72.1	124	517	9.9	3.4	2.2	11	13.3	0	0	10
0820	Low fat, 1%	82.5	72	303	12.4	1.0	0.6	4	2.7	0	0	10
0821	Cheese food	43.1	331	1386	19.6	24.5	15.4	64	8.3	0	0	10
0822	Cheese spread	47.7	290	1216	16.4	21.2	13.3	55	8.7	0	0	10
	Cream											
0823	Half-and-half	80.6	130	546	3.0	11.5	7.2	37	4.3	0	0	10
0824	Light, table	73.8	195	818	2.7	19.3	12.0	66	3.7	0	0	10
0825	Heavy, whipping	57.7	345	1443	2.1	37.0	23.0	137	2.8	0	0	10
0826	American process	39.2	375	1571	22.2	31.3	19.7	94	1.6	0	0	10
	Ice Cream											
0827	Regular, about 10% fat	60.8	202	847	3.6	10.8	6.7	45	23.9	0	0	10
0828	Rich, about 16% fat	58.9	236	988	2.8	16.0	10.0	59	21.6	0	0	10
	Yoghurt, low fat											
0829	Natural	85.7	52	216	5.0	1.0	-	-	6.2	0	0	21
0830	Flavoured	79.0	81	342	5.0	0.9	-	-	14.0	0	0	21
0831	Fruit	74.9	95	405	4.8	1.0	-	-	17.9	0	0	21
	Other Milk											
0832	Buffalo's milk, whole	83.4	97	404	3.8	6.9	4.6	19	5.2	0	0	10
0833	Goat's milk, whole	87.0	69	288	3.6	4.1	2.7	11	4.5	0	0	10
0834	Sheep's milk, whole	80.7	108	451	6.0	7.0	4.6	-	5.4	0	0	10
0835	Human milk	87.5	70	291	1.0	4.4	2.0	14	6.9	0	0	10
	Commercial Milk Preparations											
0835a	Lactogen	2.5	510	2131	16.9	24.2	-	-	58.0	0	0	26
0835b	Olac	2.5	465	1944	23.0	19.0	-	-	51.0	0	0	26
0835c	Oster milk, half cream	3.5	415	1735	31.0	14.0	-	-	42.0	0	0	26
0835d	Semilko	3.2	443	1852	31.5	13.0	-	-	45.5	0	0	26
0835e	Similac	2.9	510	5104	13.8	26.9	-	-	53.4	0	0	26
0835f	SMA	2.5	522	2182	13.4	29.0	-	-	54.0	0	0	26

12. Milk & Milk Products *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Soft, fresh (Cottage)												
0818	Creamed	60	0.1	84	405	0.4	48	0.02	0.16	0.1	12	0.6	tr
0819	Creamed with fruits	48	0.1	67	405	0.3	-	0.02	0.13	0.1	10	0.5	tr
0820	Low fat, 1%	61	0.1	86	406	0.4	11	0.02	0.17	0.1	12	0.6	tr
0821	Cheese food	497	0.8	363	966	3	-	0.03	0.44	0.1	5	1.2	0
0822	Cheese spread	562	0.3	242	1345	3	-	0.05	0.43	0.1	7	0.4	0
	Cream												
0823	Half-and-half	105	0.1	130	41	1	107	0.04	0.15	0.1	2	0.3	1
0824	Light, table	96	0	122	40	0.3	182	0.03	0.15	0.1	2	0.2	1
0825	Heavy, whipping	65	0	75	38	0.2	421	0.02	0.11	0	4	0.2	1
0826	American process	616	0.4	162	1430	3	290	0.03	0.35	0.1	8	0.7	0
	Ice Cream												
0827	Regular, about 10% fat	132	0.1	193	87	1	100	0.04	0.25	0.1	2	0.5	1
0828	Rich, about 16% fat	102	0	149	73	1	148	0.03	0.19	0.1	2	0.4	tr
	Yoghurt, low fat												
0829	Natural	180	0.1	240	76	0.6	9	0.05	0.26	0.1	2	tr	tr
0830	Flavoured	170	0.2	220	64	0.6	9	0.05	0.25	0.1	8	tr	tr
0831	Fruit	160	0.2	220	64	0.6	13	0.05	0.23	0.1	3	tr	2
	Other Milk												
0832	Buffalo's milk, whole	169	0.1	178	52	0.2	53	0.05	0.14	0.1	6	0.4	2
0833	Goat's milk, whole	134	0.1	204	50	0.3	56	0.05	0.14	0.3	1	0.1	1
0834	Sheep's milk, whole	193	0.1	136	44	-	42	0.07	0.34	0.4	-	0.7	4
0835	Human milk	32	0	51	17	0	64	0	0.04	0.2	5	0	5
	Commercial Milk Preparations												
0835a	Lactogen	620	4.6	-	-	-	449	0.35	0.35	6.0	-	-	30
0835b	Olac	800	3.0	-	-	-	331	0.30	0.37	0.9	-	-	0
0835c	Oster milk, half cream	1010	3.8	-	-	-	51	0.30	1.52	0.9	-	-	5
0835d	Semilco	1109	3.5	-	-	-	119	0.35	0.49	6.0	-	-	30
0835e	Similac	600	0.7	-	-	-	117	0.40	0.80	6.0	-	-	33
0835f	SMA	442	4.0	-	-	-	1214	0.53	0.81	4.0	-	-	40

13. Fats & Oils

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Butter											
0836	Salted	15.9	717	3000	0.9	81.1	51	219	0.1	0	0	3
0837	Unsalted	15.9	717	3000	0.9	81.1	51	219	0.1	0	0	3
0838	Butter oil	0.2	876	3664	0.3	99.5	62	256	0	0	0	3
0839	Fish liver oil (cod)	tr	899	3696	tr	99.9	-	570	0	0	0	14, 30
0840	Ghee, butter	-	898	3693	tr	99.8	66	280	0	0	0	30
0841	Lard/Leaf fat	1.0	891	3663	tr	99	41	93	tr	0	0	30
	Margarine											
0842	Regular, hard, vegetable fat only*	16.0	739	3039	0.2	81.6	36	-	1.0	0	0	3, 30
0843	Regular, hard, animal and vegetable fat*	16.0	739	3039	0.2	81.6	30	285	1.0	0	0	30
	Meat fat											
0844	Beef	0	902	3774	0	100.0	50	109	-	0	0	3
0845	Mutton, tallow	0	902	3774	0	100.0	47	102	0	0	0	3
0846	Pork	0	902	3774	0	100.0	39	95	0	0	0	3
0847	Oil, coconut	tr	899	3696	tr	99.9	85	0	0	0	0	30
0848	Oil, cotton seed	tr	899	3696	tr	99.9	26	0	0	0	0	30
0849	Oil, pure, all kinds, blended, average	0	884	3699	0	100.0	-	-	0	0	0	26
0850	Olive oil	0	884	3699	0	100.0	14	0	0	0	0	3
	Palm oil											
0851	Red	0	884	3699	0	100.0	49	0	0	0	0	3, 27
0852	Kernel	0	884	3699	0	100.0	81	0	0	0	0	3
0853	Peanut oil	tr	899	3696	tr	99.9	19	0	0	0	0	30
0854	Sesame oil	0.1	881	3686	0.2	99.7	14	0	0	0	0	3, 27
0855	Soya oil	tr	899	3696	tr	99.9	15	0	0	0	0	30
0856	Wheat germ oil	tr	899	3696	tr	99.9	18.8	0	0	0	0	30
	Salad Dressing, Commercial											
0857	Blue cheese	32.3	504	2109	4.8	52.3	10	-	7.4	0	0	3
0858	French, regular	38.1	430	1798	0.6	41.0	10	-	17.5	0	0	3
0859	Italian, regular	38.4	467	1955	0.7	48.3	7	-	10.2	0	0	3
0860	Mayonnaise, soybean	15.3	717	2999	1.1	79.4	12	59	2.7	0	0	3
0861	Russian, regular	34.5	494	2067	1.6	51.0	7	-	10.4	0	0	3

*Most soft margarines contain 5g less saturated fat than the regular ones. Margarines which are polyunsaturated contain half as much saturated fat as the regular ones.

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Butter												
0836	Salted	24	0.2	26	826	0	754	0.01	0.03	0.04	3	-	0
0837	Unsalted	24	0.2	26	11	0	754	0.01	0.03	0	0	0	0
0838	Butter oil	-	-	-	-	-	925	-	-	-	-	-	-
0839	Fish liver oil (cod)	tr	tr	tr	tr	tr	18000	0	0	0	0	0	0
0840	Ghee, butter	0	0	3	2	tr	758	0	0	0	0	tr	0
0841	Lard/Leaf fat	1	0.1	1	2	-	tr	-	0	0	0	0	0
	Margarine												
0842	Regular, hard, vegetable fat only	4	0.3	5	800	-	665	tr	tr	tr	tr	tr	0
0843	Regular, hard, animal and vegetable fat	4	0.3	5	800	-	665	tr	tr	tr	tr	tr	0
	Meat fat												
0844	Beef	-	0	0	0	-	-	tr	tr	tr	tr	tr	0
0845	Mutton, tallow	-	-	-	-	-	-	-	-	-	-	-	0
0846	Pork	0	-	0	0	0.1	-	-	-	-	-	-	0
0847	Oil, coconut	tr	tr	tr	tr	tr	0	tr	tr	tr	tr	0	0
0848	Oil, cotton seed	tr	tr	tr	tr	tr	0	tr	tr	tr	tr	0	0
0849	Oil, pure, all kinds, blended, average	0	0	0	0	0	0	0	0	0	0	0	0
0850	Olive oil	0	0.4	-	0	0.1	-	-	-	-	-	0	0
	Palm oil												
0851	Red	6	0.0	-	-	-	13833	0.01	0.02	0	-	0	0
0852	Kernel	-	-	-	-	-	-	-	-	-	-	-	-
0853	Peanut oil	tr	tr	tr	tr	tr	0	tr	tr	tr	tr	0	0
0854	Sesame oil	10	0.1	20	2	-	0	0.01	0.07	0.1	-	0	0
0855	Soya oil	tr	tr	tr	tr	tr	0	tr	tr	tr	tr	0	0
0856	Wheat germ oil	tr	tr	tr	tr	tr	0	tr	tr	tr	tr	0	0
	Salad Dressing, Commercial												
0857	Blue cheese	81	0.2	-	-	-	-	0.01	0.10	0.1	-	-	2
0858	French, regular	11	0.4	79	1370	0	-	-	-	-	0	0	0
0859	Italian, regular	10	0.2	15	787	0.1	-	-	-	-	-	-	-
0860	Mayonnaise, soybean	18	0.5	34	568	0.2	-	0	0	-	-	-	-
0861	Russian, regular	19	0.6	157	868	0.4	-	0.05	0.05	0.06	-	-	6.0

13. Fats & Oils *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0862	Sandwich spread	40.8	389	1628	0.9	34.0	5	76	22.4	0	0	3
0863	Thousand Island, regular	46.1	377	1579	0.9	35.7	6	-	15.2	2.0*	0	3
0864	Shortening, vegetable	0	884	3699	0	100.0	25	0	0	0	0	3
0865	Suet, tallow, kidney fat	1.5	826	3402	tr	86.7	48	82	12.1	0.5	0	30
0866	Chicken separable fat, raw	28.9	629	2631	3.7	68.0	20	58	0	0	0	11
0867	Duck fat	0.2	900	3767	0	99.8	33	100	0	0	0	3

*Crude fibre

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0862	Sandwich spread	-	-	-	-	-	-	-	-	-	-	-	-
0863	Thousand Island, regular	11	0.6	113	700	0.1	-	-	-	-	-	-	-
0864	Shortening, vegetable	-	-	-	-	-	-	-	-	-	-	-	-
0865	Suet, tallow, kidney fat	tr	tr	tr	tr	tr	52	tr	tr	tr	tr	tr	tr
0866	Chicken separable fat, raw	7	0.7	64	32	tr	140	0.02	0.06	2.0	1	0.1	0
0867	Duck fat	-	-	-	-	-	-	-	-	-	-	-	-

Vitamin E levels/100 g: (Ref. 30)

Wheat germ 22 mg;
Sunflower seed 38 mg
Soya oil 16 mg

Peanut oil 15 mg
Palm oil 33 mg
Cotton seed oil 43 mg
Olive oil 5 mg
Corn oil 17 mg
Codliver oil 20 mg

Coconut oil < 1mg

14. Miscellaneous Foods

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Spices and Condiments											
0868	Barbecue sauce	80.9	75	312	1.8	1.8	tr	0	12.8	0.6*	0	15
0869	Cinnamon bark *(Cinnamomum zeylanicum)*	8.1	215	901	3.9	2.2	-	0	80.8	23.9*	0	12
0870	Chili Powder	7.8	314	1313	12.5	16.8	-	0	54.7	22.2*	0	25
0871	Coriander seed *(Coriandrum sativum)*	8.9	298	1245	12.4	17.8	1.0	0	55.0	29.1*	0	25
0872	Curry powder	9.5	325	1360	12.7	13.8	0	0	58.2	16.3*	0	25
0873	Fennel seed *(Foeniculum vulgare)*	8.8	345	1443	15.8	14.9	0.5	0	52.3	15.7*	0	25
	Garlic - see items 0453 and 0454											
	Ginger - see items 0455 and 0456											
0874	Fish sauce	66.3	49	205	10.6	0.3	0	0	0.9	-	0	26
0875	Hot pepper sauce	93.9	20	83.6	0.7	0.1	0	0	5.0	1.0*	0	26
	Ketchup - see item 0480											
0876	Mint *(Mentha spp.)*	86.5	45	188	2.7	1.3	0	0	7.7	1.1*	0	26
	Mustard *(Brassica nigra)*											
0877	Prepared paste, yellow	80.2	75	314	4.7	4.4	0	0	6.4	1.0*	0	22, 26
	Parsley - see item 0411											
0878	Pepper, dry *(Piper nigrum)*	10.5	255	1066	10.9	3.3	0	0	64.8	13.1*	0	25
0879	Pimento leaf *(Pimenta dioicia)*	65.7	115	481	4.6	1.4	0	0	25.7	6.0*	0	26
0880	Salt, table	0.2	0	0	0	0	0	0	0	0	0	22, 26
0881	Soya sauce	67.6	64	268	8.7	0	0	0	8.3	-	0	15
	Tamarind *(Tamarindus indica)* - see item 0573											
0882	Thyme (leaf) *(Thymus vulgaris)*	69.3	95	401	3.0	2.5	-	0	15.1	-	0	33
	Tomato chili sauce, bottled - see item 0481											
0883	Turmeric - ground tuber *(Curcuma domestica)*	11.4	354	1480	7.8	9.9	-	0	64.9	6.7*	0	25
0884	Vinegar	95.0	12	50	0	0	0	0	5.0	0	0	26

*Crude fibre

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Spices and Condiments												
0868	Barbecue sauce	19	0.9	174	815	-	87	0.03	0.02	0.9	-	0	7
	Cinnamon bark												
0869	*(Cinnamomum zeylanicum)*	440	17.0	-	-	-	-	0.10	0.40	2.4	-	0	-
0870	Chili Powder	278	14.3	1916	1010	3	3493	0.35	0.79	7.9	-	0	64
	Coriander seed												
0871	*(Coriandrum sativum)*	709	16.3	1267	35	5	-	0.24	0.29	2.1	-	0	-
0872	Curry powder	478	29.6	1543	52	4	99	0.25	0.28	3.5	-	0	11
	Fennel seed												
0873	*(Foeniculum vulgare)*	1196	18.5	1694	88	4	14	0.41	0.35	6.0	-	0	-
	Garlic - see items 0453 and 0454												
	Ginger - see items 0455 and 0456												
0874	Fish sauce	42	9.3	-	-	-	-	0	0.08	4.1	-	-	0
0875	Hot pepper sauce	5	0.4	-	-	-	60	0.03	0.03	0.7	-	0	68
	Ketchup - see item 0480												
0876	Mint *(Mentha spp.)*	138	6.7	-	-	-	845	0.13	0.26	0.9	-	0	64
	Mustard *(Brassica nigra)*												
0877	Prepared paste, yellow	84	2.0	130	1252	-	-	-	-	-	-	0	-
	Parsley - see item 0411												
0878	Pepper, dry *(Piper nigrum)*	437	28.9	1259	44	1	19	0.11	0.24	1.1	-	0	-
0879	Pimento leaf *(Pimenta dioicia)*	383	2.6	-	-	-	690	0.06	0.12	0.6	-	0	-
0880	Salt, table	253	0.1	4	38758	-	-	-	-	-	-	0	0
0881	Soya sauce	19	2.7	358	5719	0	0	0.05	0.13	3.4	11	0	0
	Tamarind *(Tamarindus indica)* - see item 0573												
0882	Thyme (leaf) *(Thymus vulgaris)*	630	-	270	18	2.4	420	0.25	1.34	8.9	0	0	0
	Tomato chili sauce, bottled - see item 0481												
0883	Turmeric - ground tuber *(Curcuma domestica)*	182	41.4	2525	38	4	tr	0.15	0.23	5.1	-	0	26 0
0884	Vinegar	-	0	0	-	-	0	0	0	0	0	0	

14. Miscellaneous Foods *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Beverages and Drinks											
	Beverage											
	Cocoa, dry powder											
0885	Plain	1.5	384	1605	6.1	9.6	5.7	0	77.0	-	0	17
0886	Dutch process	3.0	395	1896	16.8	23.7	-	0	48.3	4.3	0	24
	Chocolate											
0887	Plain, unsweetened	1.8	477	1994	7.9	39.7	-	0	46.8	1.8*	0	22
0888	Sweetened	0.9	528	2207	4.4	35.1	-	0	57.9	0.5*	0	22, 26
	Coffee											
0889	Roasted	-	56	234	8.0	0	0	0	6.0	0	0	26
0890	Instant, dry powder	3.1	241	1006	12.2	0.5	0.2	0	41.1	0	0	17
0891	Brewed without sugar	99.3	2	10	0.1	0	0	0	0.4	0	0	17
	Tea											
0892	Instant, dry powder	5.3	256	1071	11.7	0.4	0	0	57.0	0	0	17
0893	Brewed without sugar	99.7	1	4	0	0	0	0	0.3	0	0	17
0894	Malt drink	98.1	9	37	0.3	0	0	0	1.4	0	0	17
	Alcoholic drinks											
0895	Beer, stout, 3.6% alcohol	92.3	41	172	0.3	0	0	0	3.7	0	0	17
0896	Brandy, whisky, 37.9% alcohol	63.9	250	1046	0	0	0	0	0.1	0	0	17
0897	Champagne, 11.5% alcohol	89.6	68	284	0.1	0	0	0	0.8	0	0	17
0898	Gin, 33.4% alcohol	62.1	263	1099	0	0	0	0	0	0	0	17
0899	Rum, 42.5% alcohol	66.6	231	968	0	0	0	0	0	0	0	17
0900	Wine, dessert, 15.3% alcohol	72.5	153	640	0.2	0	0	0	11.8	0	0	17
0901	Wine, table, 9.9% alcohol	88.9	70	294	0.2	0	0	0	1.4	0	0	17
	Carbonated soft drinks											
0902	Carbonated water, sweetened	91.1	34	143	0	0	0	0	8.8	0	0	17
0903	Cola type	89.4	41.0	170	0	0	0	0	10.4	0	0	17
0904	Fruit flavoured sodas	87.6	48.0	199	0	0	0	0	12.3	0	0	17
0905	Ginger ale	91.2	34.0	141	0	0	0	0	8.7	0	0	17
0906	Root beer	89.3	41.0	172	0	0	0	0	10.6	0	0	17
	Commercial beverage preparations											
0907	'Barlova'	2.4	417	1743	13.4	4.6	-	-	80.5	0	0	26
0908	'Bournvita'	1.6	382	1597	7.6	4.8	-	-	77.0	0	0	26

*Crude fibre

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
	Beverages and Drinks												
	Beverage												
	Cocoa, dry powder												
0885	Plain	321	5.8	1295	645	1	480	0.48	0.55	6.4	-	0	19
0886	Dutch process	133	10.7	651	717	-	30	0.11	0.46	2.4	-	0	0
	Chocolate												
0887	Plain, unsweetened	58	5.0	615	3	-	40	0.03	0.17	1.0	-	-	0
0888	Sweetened	94	1.4	269	33	-	10	0.02	0.14	0.3	-	-	0
	Coffee												
0889	Roasted	30	1.0	-	-	-	0	tr	0.01	27	-	-	0
0890	Instant, dry powder	141	4.4	3535	37	tr	0	0.01	0.07	28.2	0	0	0
0891	Brewed without sugar	2	0.4	54	2	0	0	0	0	0.2	0.1	0	0
	Tea												
0892	Instant, dry powder	55	4.0	6296	130	3	0	0	0.69	12.6	103	0	0
0893	Brewed without sugar	0	0	37	3	0	0	0	0.01	0	5.2	0	0
0894	Malt drink	7	0	-	-	0	0	0	0	0	0	0	0
	Alcoholic drinks												
0895	Beer, stout, 3.6% alcohol	5	0	25	5	0	0	0.01	0.03	0.1	6.0	0	0
0896	Brandy, whisky, 37.9% alcohol	0	0	2	1	0	0	0	0.01	0.1	0	0	0
0897	Champagne, 11.5% alcohol	9	0.3	80	5	0	0	0	0	0.07	0	0	0
0898	Gin, 33.4% alcohol	0	0	0	2	0	0	0	0	0	0	0	0
0899	Rum, 42.5% alcohol	0	0.1	2	1	0	0	0.01	0	0	0	0	0
0900	Wine, dessert, 15.3% alcohol	8	0.2	92	9	0	0	0.02	0.02	0.2	0	0	0
0901	Wine, table, 9.9% alcohol	8	0.4	89	8	0	0	0	0.02	0.1	1.1	0	0
	Carbonated soft drinks												
0902	Carbonated water, sweetened	1	-	0	4	0	0	0	0	0	0	0	0
0903	Cola type	3	0	1	4	0	0	0	0	0	0	0	0
0904	Fruit flavoured sodas	5	0.1	2	12	0	0	0	0	0	0	0	0
0905	Ginger ale	3	0.2	1	7	0	0	0	0	0	0	0	0
0906	Root beer	5	0.1	1	13	0	0	0	0	0	0	0	0
	Commercial beverage preparations												
0907	'Barlova'	320	1.6	-	-	-	31	0	0.90	0	-	-	0
0908	'Bournvita'	100	2.5	-	-	-	65	0.27	0.22	5.0	-	-	1

14. Miscellaneous Foods *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0909	Complan powder, savoury	3.8	438	1846	22.0	16.0	7.5	-	55.0	0	0	30
0910	Complan powder, sweet	3.5	430	1813	20.0	14.0	5.9	-	59.7	tr	0	30
0911	Complan, powder, sweet made up with whole milk (according to directions)	69.3	145	612	6.9	6.1	3.2	-	16.9	tr	0	30
0912	'Creme Nutrica'	3.5	430	1797	17.2	9.7	-	-	64.9	0	0	26
	'Horlicks'											
0913	Low fat powder	-	373	1584	17.4	3.3	-	tr	72.9	-	0	30
0914	Made up with water (32g powder to 200ml water)	86.2	51	218	2.4	0.5	-	tr	10.1	tr	0	30
0915	Horlicks powder	2.5	378	1607	12.4	4.0	-	-	78.0	-	0	30
0916	Made up with whole milk (25g powder to 200ml milk)	78.6	99	419	4.2	3.9	-	-	12.7	tr	0	30
0917	Made up with semi-skimmed milk	80.4	81	347	4.3	1.9	-	-	12.9	tr	0	30
0918	Milk shake powder**	0.5	388	1654	1.3	1.6	-	tr	98.3	tr	0	30
0919	'Milo'	2.1	430	1797	13.8	12.7	-	-	65.0	0	0	26
0920	'Ovaltine' powder	2.5	407	1701	12.5	5.4	-	-	77.0	0	0	26, 30
0921	'Ovaltine' made up with whole milk (25g/200ml)	78.5	97	410	3.8	3.8	-	-	12.9	tr	0	30
0922	'Nutrament'	85.0	112	468	5.6	3.7	-	-	14.0	0	0	26
0923	'Puma'	95.0	42	176	2.0	0.3	-	-	8.3	0	0	26
0924	'Vita Cup'	2.4	393	1643	9.5	4.8	-	-	78.0	0	0	26
	Other Foods											
0925	Baking powder	1.3	104	435	0.1	0	0	0	25.1	0	0	22
	Gelatin											
0926	Dry, plain	13.0	335	1400	85.6	0.1	0	0	0	0	0	22
0927	Dessert powder	1.6	371	1551	9.4	0	0	0	88.0	0	0	22
	Yeast											
0928	Bakers, compressed	71.0	86	359	12.1	0.4	-	0	11.0	-	0	22
0929	Bakers, dry (active)	5.0	282	1179	36.9	1.6	-	0	38.9	-	0	22
0930	Brewers, dried	5.0	283	1183	38.8	1.0	-	0	38.4	1.7*	0	22
0931	Torula	6.0	277	1158	38.6	1.0	-	0	37.0	3.3*	0	22

* Crude fibre
**Milk shake powder is mostly sugar

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0909	Complan powder, savoury	310	6.5	650	1800	6.5	430	0.77	0.87	8.7	150	2.2	21
0910	Complan powder, sweet	710	6.5	950	290	6.5	430	0.77	0.87	8.7	170	2.2	43
0911	Complan, powder, sweet made up with whole milk (according to directions)	250	1.5	320	110	1.7	138	0.20	0.32	2.0	42	0.8	10
0912	'Creme Nutrica'	585	7.0	-	-	-	295	0.70	0.50	6.0	-	-	25
	'Horlicks'												
0913	Low fat powder	580	-	860	590	-	470	0.75	1.00	11.3	190	1.3	19
0914	Made up with water (32g powder to 200ml water)	79	-	120	81	-	64	0.10	0.14	1.5	25	0.2	3
0915	Horlicks powder	430	1.4	670	460	1	600	0.96	1.28	14.4	-	-	0
0916	Made up with whole milk (25g powder to 200ml milk)	150	0.2	200	98	0.5	115	0.14	0.29	1.7	-	-	tr
0917	Made up with semi-skimmed milk	150	0.2	210	98	0.5	85	0.14	0.30	1.7	-	-	1
0918	Milk shake powder*	8	2.0	150	20	0.4	tr	tr	0.02	0.2	3	0	0
0919	'Milo'	460	3.1	-	-	-	205	1.90	0.40	4.8	-	-	9
0920	'Ovaltine' powder	110	3.8	640	160	1.2	625	0	0.38	0	-	1.7	0
0921	'Ovaltine' made with whole milk (25g/200ml)	110	0.3	190	66	0.5	115	0.14	0.28	1.7	-	0.5	tr
0922	'Nutrament'	140	1.7	-	-	-	235	0.39	0.25	2.8	-	-	10
0923	'Puma'	7	0.5	-	-	-	0	0.17	0.20	1.7	-	-	0
0924	'Vita Cup'	150	4.5	-	-	-	35	0	0.30	0	-	-	7
	Other Foods												
0925	Baking powder	6320	-	-	10000	-	-	-	-	-	-	-	-
	Gelatin												
0926	Dry, plain	-	-	-	-	-	-	-	-	-	-	-	-
0927	Dessert powder	-	-	-	318	-	-	-	-	-	-	-	-
	Yeast												
0928	Bakers, compressed	13	4.9	610	16	-	0	0.71	1.65	11.2	-	-	tr
0929	Bakers, dry (active)	44	16.1	1998	52	-	0	2.33	5.40	36.7	-	-	tr
0930	Brewers, dried	210	17.3	1894	121	-	0	15.61	4.28	37.9	-	-	tr
0931	Torula	424	19.3	2046	15	-	0	14.01	5.06	44.4	-	-	tr

*Milk shake powder is mostly sugar

15. Composite Dishes/Prepared Foods

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
	Baby Foods in Jar											
0932	Apple	80.6	70	291	0.4	0	-	-	18.9	-	0	16
0933	Banana/Tapioca, Junior	81.5	67	279	0.4	0.2	-	-	17.8	0.2	0	16
0934	Banana/Tapioca, strained	84.0	57	238	0.4	0.1	-	-	15.3	-	0	16
0935	Banana/Pineapple	81.1	68	283	0.2	0.1	-	-	18.4	-	0	16
0936	Barley, dry	6.8	365	1527	11.1	3.4	-	-	75.3	1.2*	0	16
0937	Beans, green	92.0	25	106	1.3	0.1	-	-	5.9	-	0	16
0938	Beef strained	80.6	107	447	13.6	5.4	2.6	-	0	-	0	16
0939	Carrots	92.3	27	111	0.8	0.1	-	-	6.0	-	0	16
0940	Cereal/vegetable/meat mixture	86.7	59	245	2.5	1.1	-	-	9.4	0.3*	0	16
0941	Chicken strained	77.5	130	542	13.7	7.9	2.0	-	0.1	-	0	16
0942	Chicken with vegetables	82.7	92	384	7.0	5.5	-	-	4.2	0.2*	0	16
0943	Chicken and noodles, junior	88.7	51	214	1.9	1.4	-	-	7.5	0.6*	0	16
0944	Chicken and noodles, strained	88.5	52	219	2.1	1.5	-	-	7.5	0.3*	0	16
0945	Egg yolk, strained	70.6	203	850	10.0	17.3	5.2	786	1.0	-	0	16
0946	Guava/Tapioca, strained	81.2	67	280	0.3	0	-	-	18.3	1.0*	0	16
0947	Liver, strained	79.3	101	421	14.3	3.8	1.4	183	1.4	-	0	16
0948	Mango/Tapioca, strained	77.7	80	337	0.3	0.2	-	-	21.6	0.2*	0	16
0949	Mixed cereal, dry	6.7	379	1587	12.2	4.4	-	-	73.3	1.0*	0	16
0950	Mixed cereal prepared with whole milk	74.6	113	473	4.8	3.5	-	-	15.9	0.2*	0	16
0951	Mixed cereal with bananas, dry	4.5	391	1637	10.7	4.6	-	-	77.1	0.9*	0	16
0952	Mixed cereal with bananas, prepared with whole milk	74.3	115	481	4.5	3.6	-	-	16.6	0.1*	0	16
0953	Mixed vegetables, junior	90.6	33	140	1.0	0	-	-	7.9	-	0	16
0954	Mixed vegetables, strained	88.7	41	170	1.2	0.1	-	-	9.5	-	0	16
0955	Vegetables, noodles and chicken, junior	86.2	64	269	1.7	2.2	-	-	9.1	0.2*	0	16
0956	Vegetables, noodles and chicken, strained	87.2	63	264	2.0	2.5	-	-	7.9	0.2*	0	16
0957	Vegetable/spinach, creamed	88.2	42	176	3.0	1.4	-	-	6.4	0.5*	0	16
0958	Teething biscuits	6.4	392	1638	10.7	4.2	-	-	76.4	0.5*	0	16
	Other Prepared Foods											
0959	Baked bean with pork and tomato sauce	70.7	122	510	6.1	2.6	-	-	19.0	1.4*	0	22, 26
0960	Bread pudding	42.5	269	1124	8.0	9.7	3.7	73	37.9	0.9	0	31

*Crude Fibre

15. Composite Dishes/Prepared Foods *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Baby Foods in Jar												
0932	Apple	16	0.2	53	9	0	2	0.01	0.05	0.05	0.4	-	27
0933	Banana/Tapioca, Junior	8	0.3	108	9	0.1	4	0.02	0.02	0.2	6	0	26
0934	Banana/Tapioca, strained	5	0.2	88	9	0	4	0.01	0.03	0.2	6	0	17
0935	Banana/Pineapple	7	0.1	78	8	0	4	0.02	0.02	0.2	6	0	21
0936	Barley, dry	795	74.8	395	47	3	-	2.74	2.70	36.0	29	-	2
0937	Beans, green	39	0.8	158	2	0	45	0.03	0.09	0.3	35	-	5
0938	Beef strained	7	1.5	220	81	2	55	0.01	0.14	2.8	6	1.4	2
0939	Carrots	22	0.4	196	37	0	1146	0.02	0.04	0.5	15	-	6
0940	Cereal/vegetable/meat mixture	14	0.4	72	17	0.4	109	0.05	0.06	0.8	-	0.2	2
0941	Chicken strained	64	1.4	141	47	1	40	0.01	0.12	3.3	10	-	2
0942	Chicken with vegetables	43	0.7	62	26	1	131	0.03	0.07	1.0	1	0.2	1
0943	Chicken and noodles, junior	17	0.4	35	17	0	107	0.03	0.03	0.5	5	0.2	2
0944	Chicken and noodles, strained	22	0.5	39	16	0.3	112	0.03	0.05	0.5	5	-	1
0945	Egg yolk, strained	76	2.8	77	39	2	376	0.07	0.27	0	92	1.5	1
0946	Guava/Tapioca, strained	7	0.2	73	2	0	30	0.01	0.07	0.4	-	-	75
0947	Liver, strained	4	5.3	227	74	3	11452	0.05	1.81	8.3	337	2.2	19
0948	Mango/Tapioca, strained	4	0.1	59	4	0	67	0.02	0.03	0.3	-	-	124
0949	Mixed cereal, dry	733	63.2	437	39	2	-	2.44	2.72	34.7	43	-	2
0950	Mixed cereal prepared with whole milk	220	10.4	199	47	1	-	0.43	0.58	5.8	11	-	1
0951	Mixed cereal with bananas, dry	696	67.6	668	118	1	12	3.78	3.56	20.6	-	0.2	4
0952	Mixed cereal with bananas, prepared with whole milk	214	11.2	237	60	1	28	0.65	0.72	3.5	-	0.3	1
0953	Mixed vegetables, junior	17	0.3	112	9	-	244	0.01	0.02	0.4	7	-	3
0954	Mixed vegetables, strained	22	0.3	121	8	-	273	0.02	0.03	0.5	8	-	3
0955	Vegetables, noodles and chicken, junior	26	0.5	59	26	0.3	-	0.04	0.04	0.7	3	-	1
0956	Vegetables, noodles and chicken, strained	28	0.4	55	20	0.2	-	0.03	0.05	0.4	3	0.1	1
0957	Vegetable/spinach, creamed	113	1.4	221	55	0.4	368	0.02	0.09	0.3	69	-	4
0958	Teething biscuits	263	3.6	323	362	1	12	0.23	0.54	4.3	-	0.1	9
	Other Prepared Foods												
0959	Baked bean with pork and tomato sauce	54	1.8	210	463	-	130	0.08	0.03	0.6	-	-	2
0960	Bread pudding	183	1.4	249	350	0.8	98	0.16	0.34	1.3	16	0.2	tr

15. Composite Dishes/Prepared/Foods *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0961	Chicken fricassee	63.7	226	945	11.0	17.4	3.9	41	6.3	0.7	0	31
0962	Codfish fritters	16.0	549	2295	17.8	43.1	6.5	36	22.5	0.8	0	31
0963	Codfish salad	73.4	176	736	6.8	15.5	2.1	15	3.0	0.7	0	31
0964	Fried dumplings	36.3	363	1517	5.6	23.4	5.8	1	32.6	1.1	0	31
0965	Fruit salad	84.2	55	230	0.7	0.2	0.1	0	14.4	1.5	0	31
	Mayonnaise – see item 0861											
0966	Meat pie	19.1	504	2107	15.9	37.8	14.7	73	23.2	1.0	0	31
0967	Plantain and tannia pasteles	56.3	245	1024	8.1	16.6	6.3	32	16.7	2.5	0	31
0968	Pumpkin fritters	49.0	239	999	2.2	9.1	3.5	8	38.5	1.8	0	31
0969	Rice with stewed beans	72.4	121	506	2.3	3.2	0.6	1	20.2	0.6	0	31
0970	Rice with vienna sausage	44.7	280	1170	6.2	13.0	3.8	17	33.4	0.6	0	31
	Salad dressings commercial - see items 0858 to 0864											
	Sandwich spread - see item 0863											
0971	Seasoned beef/mince	53.7	293	1125	13.1	24.5	7.2	52	5.0	1.1	0	31
0972	Spaghetti with meat balls in tomato sauce	70.0	134	560	7.5	4.7	-	-	15.6	-	0	22
0973	Stewed codfish	61.9	151	631	21.5	4.6	0.7	50	5.2	1.3	0	31
0974	Stewed pink beans with pig's feet	76.1	115	481	8.6	5.4	1.6	32	8.0	2.8	0	31
0975	Stewed red beans	81.9	78	326	4.1	2.4	0.5	2	10.3	2.3	0	31
0976	Stew (Boil-up, Sancocho)	70.5	148	619	7.8	7.4	2.6	23	13.0	1.6	0	31
0977	Stewed tripe	80.3	88	242	9.3	2.8	0.7	41	6.3	1.1	0	31
0978	Stuffed green peppers	63.6	172	719	8.6	7.6	2.8	24	17.6	2.1	0	31
	Soups											
	Dehydrated											
0979	Boullion cubes	2.3	267	1116	16.7	13.9	-	-	18.0	0.2	0	24
0980	Chicken noodle soup, dry	3.7	345	1442	19.2	7.7	1.7	14	48.4	0.4*	0	15
	Canned, condensed											
	Asparagus											
0981	Creamed	84.1	69	289	1.8	3.3	0.8	4	8.5	0.6*	0	15
0982	Prepared with water	91.8	35	148	0.9	1.7	0.4	2	4.4	0.3*	0	15
	Black beans with frankfurter											
0983	Condensed	67.7	142	596	7.6	5.3	1.6	9	16.8	1.3*	0	15
0984	Prepared with water	83.0	75	313	4.0	2.8	0.9	5	8.8	0.6*	0	15

*Crude fibre

15. Composite Dishes/Prepared Foods *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
	Baby Foods in Jar												
0932	Apple	16	0.2	53	9	0	2	0.01	0.05	0.05	0.4	-	27
0933	Banana/Tapioca, Junior	8	0.3	108	9	0.1	4	0.02	0.02	0.2	6	0	26
0934	Banana/Tapioca, strained	5	0.2	88	9	0	4	0.01	0.03	0.2	6	0	17
0935	Banana/Pineapple	7	0.1	78	8	0	4	0.02	0.02	0.2	6	0	21
0936	Barley, dry	795	74.8	395	47	3	-	2.74	2.70	36.0	29	-	2
0937	Beans, green	39	0.8	158	2	0	45	0.03	0.09	0.3	35	-	5
0938	Beef strained	7	1.5	220	81	2	55	0.01	0.14	2.8	6	1.4	2
0939	Carrots	22	0.4	196	37	0	1146	0.02	0.04	0.5	15	-	6
0940	Cereal/vegetable/meat mixture	14	0.4	72	17	0.4	109	0.05	0.06	0.8	-	0.2	2
0941	Chicken strained	64	1.4	141	47	1	40	0.01	0.12	3.3	10	-	2
0942	Chicken with vegetables	43	0.7	62	26	1	131	0.03	0.07	1.0	1	0.2	1
0943	Chicken and noodles, junior	17	0.4	35	17	0	107	0.03	0.03	0.5	5	0.2	2
0944	Chicken and noodles, strained	22	0.5	39	16	0.3	112	0.03	0.05	0.5	5	-	1
0945	Egg yolk, strained	76	2.8	77	39	2	376	0.07	0.27	0	92	1.5	1
0946	Guava/Tapioca, strained	7	0.2	73	2	0	30	0.01	0.07	0.4	-	-	75
0947	Liver, strained	4	5.3	227	74	3	11452	0.05	1.81	8.3	337	2.2	19
0948	Mango/Tapioca, strained	4	0.1	59	4	0	67	0.02	0.03	0.3	-	-	124
0949	Mixed cereal, dry	733	63.2	437	39	2	-	2.44	2.72	34.7	43	-	2
0950	Mixed cereal prepared with whole milk	220	10.4	199	47	1	-	0.43	0.58	5.8	11	-	1
0951	Mixed cereal with bananas, dry	696	67.6	668	118	1	12	3.78	3.56	20.6	-	0.2	4
0952	Mixed cereal with bananas, prepared with whole milk	214	11.2	237	60	1	28	0.65	0.72	3.5	-	0.3	1
0953	Mixed vegetables, junior	17	0.3	112	9	-	244	0.01	0.02	0.4	7	-	3
0954	Mixed vegetables, strained	22	0.3	121	8	-	273	0.02	0.03	0.5	8	-	3
0955	Vegetables, noodles and chicken, junior	26	0.5	59	26	0.3	-	0.04	0.04	0.7	3	-	1
0956	Vegetables, noodles and chicken, strained	28	0.4	55	20	0.2	-	0.03	0.05	0.4	3	0.1	1
0957	Vegetable/spinach, creamed	113	1.4	221	55	0.4	368	0.02	0.09	0.3	69	-	4
0958	Teething biscuits	263	3.6	323	362	1	12	0.23	0.54	4.3	-	0.1	9
	Other Prepared Foods												
0959	Baked bean with pork and tomato sauce	54	1.8	210	463	-	130	0.08	0.03	0.6	-	-	2
0960	Bread pudding	183	1.4	249	350	0.8	98	0.16	0.34	1.3	16	0.2	tr

15. Composite Dishes/Prepared/Foods *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0961	Chicken fricassee	63.7	226	945	11.0	17.4	3.9	41	6.3	0.7	0	31
0962	Codfish fritters	16.0	549	2295	17.8	43.1	6.5	36	22.5	0.8	0	31
0963	Codfish salad	73.4	176	736	6.8	15.5	2.1	15	3.0	0.7	0	31
0964	Fried dumplings	36.3	363	1517	5.6	23.4	5.8	1	32.6	1.1	0	31
0965	Fruit salad	84.2	55	230	0.7	0.2	0.1	0	14.4	1.5	0	31
	Mayonnaise – see item 0861											
0966	Meat pie	19.1	504	2107	15.9	37.8	14.7	73	23.2	1.0	0	31
0967	Plantain and tannia pasteles	56.3	245	1024	8.1	16.6	6.3	32	16.7	2.5	0	31
0968	Pumpkin fritters	49.0	239	999	2.2	9.1	3.5	8	38.5	1.8	0	31
0969	Rice with stewed beans	72.4	121	506	2.3	3.2	0.6	1	20.2	0.6	0	31
0970	Rice with vienna sausage	44.7	280	1170	6.2	13.0	3.8	17	33.4	0.6	0	31
	Salad dressings commercial - see items 0858 to 0864											
	Sandwich spread - see item 0863											
0971	Seasoned beef/mince	53.7	293	1125	13.1	24.5	7.2	52	5.0	1.1	0	31
0972	Spaghetti with meat balls in tomato sauce	70.0	134	560	7.5	4.7	-	-	15.6	-	0	22
0973	Stewed codfish	61.9	151	631	21.5	4.6	0.7	50	5.2	1.3	0	31
0974	Stewed pink beans with pig's feet	76.1	115	481	8.6	5.4	1.6	32	8.0	2.8	0	31
0975	Stewed red beans	81.9	78	326	4.1	2.4	0.5	2	10.3	2.3	0	31
0976	Stew (Boil-up, Sancocho)	70.5	148	619	7.8	7.4	2.6	23	13.0	1.6	0	31
0977	Stewed tripe	80.3	88	242	9.3	2.8	0.7	41	6.3	1.1	0	31
0978	Stuffed green peppers	63.6	172	719	8.6	7.6	2.8	24	17.6	2.1	0	31
	Soups											
	Dehydrated											
0979	Boullion cubes	2.3	267	1116	16.7	13.9	-	-	18.0	0.2	0	24
0980	Chicken noodle soup, dry	3.7	345	1442	19.2	7.7	1.7	14	48.4	0.4*	0	15
	Canned, condensed											
	Asparagus											
0981	Creamed	84.1	69	289	1.8	3.3	0.8	4	8.5	0.6*	0	15
0982	Prepared with water	91.8	35	148	0.9	1.7	0.4	2	4.4	0.3*	0	15
	Black beans with frankfurter											
0983	Condensed	67.7	142	596	7.6	5.3	1.6	9	16.8	1.3*	0	15
0984	Prepared with water	83.0	75	313	4.0	2.8	0.9	5	8.8	0.6*	0	15

*Crude fibre

15. Composite Dishes/Prepared Foods *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potassium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thiamin mg	Riboflavin mg	Niacin mg	Total Folacin µg	Cyano Cobalamin µg	Vit. C mg
0961	Chicken fricassee	13	0.9	299	446	0.9	39	0.06	0.08	4.0	7	0.1	10
0962	Codfish fritters	35	1.6	372	71	0.6	8	0.19	0.16	3.1	8	0.7	1
0963	Codfish salad	13	0.5	246	363	0.2	40	0.05	0.04	0.9	8	0.3	7
0964	Fried dumplings	119	1.8	106	492	0.5	28	0.20	0.21	0.2	6	0.1	0
0965	Fruit salad	20	0.3	192	1	tr	27	0.07	0.04	0.3	17	0	30
	Mayonnaise – see item 0861												
0966	Meat pie	101	2.5	252	935	2.7	10	0.21	0.25	4.2	8	1.1	6
0967	Plantain and tannia pasteles	38	1.1	394	476	1.1	36	0.19	0.12	1.6	36	0.2	7
0968	Pumpkin fritters	19	1.2	283	227	0.4	108	0.10	0.13	1.1	10	0	5
0969	Rice with stewed beans	14	1.3	71	398	0.4	2	0.10	0.01	0.9	6	0	1
0970	Rice with vienna sausage	18	2.1	109	903	1.0	8	0.18	0.05	2.0	5	0.2	2
	Salad dressings commercial - see items 0858 to 0864												
	Sandwich spread - see item 0863												
0971	Seasoned beef/mince	19	1.7	380	914	2.8	50	0.07	0.18	3.3	10	1.2	15
0972	Spaghetti with meat balls in tomato sauce	50	1.5	268	407	-	640	0.10	0.12	1.6	-	-	9
0973	Stewed codfish	52	1.1	504	1982	0.5	31	0.12	0.10	2.7	17	3.1	29
0974	Stewed pink beans with pig's feet	28	0.8	202	236	0.7	31	0.05	0.05	0.4	25	tr	3
0975	Stewed red beans	15	1.0	210	236	0.5	4	0.08	0.04	0.5	29	tr	3
0976	Stew (Boil-up, Sancocho)	16	1.0	385	117	1.3	274	0.12	0.14	2.0	10	0.5	9
0977	Stewed tripe	65	0.7	196	328	0.9	44	0.04	1.00	1.1	13	0.3	13
0978	Stuffed green peppers	32	2.2	337	616	1.5	57	0.12	0.16	2.6	18	0.6	61
	Soups												
	Dehydrated												
0979	Boullion cubes	187	1.0	309	18586	-	-	0.10	0.43	2.5	-	-	1
0980	Chicken noodle soup, dry	207	3.3	205	8391	1	41	0.46	0.38	5.8	9.1	-	2
	Canned, condensed												
	Asparagus												
0981	Creamed	23	0.6	138	782	1	36	0.04	0.06	0.6	tr	tr	2
0982	Prepared with water	12	0.3	71	402	0.4	18	0.02	0.03	0.3	tr	tr	1
	Black beans with frankfurter												
0983	Condensed	66	1.8	363	831	1	66	0.08	0.05	0.8	tr	tr	1
0984	Prepared with water	35	0.9	191	437	1	35	0.04	0.03	0.4	tr	tr	tr

15. Composite Dishes/Prepared Foods *continued*

Values per 100 g

No.	Food and Description	Water g	Energy kcal	Energy kJ	Protein g	Total Fat g	Saturated Fat g	Cholesterol mg	Carbohydrate (Total) g	Dietary Fibre g	Refuse as purchased %	Reference
0985	Bean with pork	68.9	134	560	6.4	4.6	-	-	17.3	1.3*	0	26
	Chicken with dumplings											
0986	Condensed	83.8	79	331	4.6	4.5	1.1	27	4.9	-	0	15
0987	Prepared with water	91.8	40	168	2.3	2.3	0.5	14	2.5	-	0	15
	Mushroom, cream of											
0988	Condensed	81.2	103	429	1.6	7.6	2.1	1	7.4	0.2*	0	15
0989	Prepared with water	90.3	53	222	1.0	3.7	1.0	1	3.8	0.2*	0	15
	Pea, green											
0990	Condensed	68.5	125	522	6.5	2.2	1.1	0	20.2	-	0	15
0991	Prepared with water	83.5	66	274	3.4	1.2	0.6	0	10.6	-	0	15
	Tomato, beef, with noodles											
0992	Condensed	74.1	112	468	3.6	3.4	1.3	3	16.9	tr	0	15
0993	Prepared with water	86.7	57	240	1.8	1.8	0.7	2	8.7	tr	0	15
	Vegetable soup with meat broth											
0994	Condensed	83.3	66	276	2.4	1.6	0.4	1	10.7	0.5*	0	15
0995	Prepared with water	91.5	34	140	1.2	0.8	0.2	1	5.4	0.3*	0	15

*Crude fibre

15. Composite Dishes/Prepared Foods *continued*

Values per 100 g

No.	Food and Description	Minerals					Vitamins						
		Calcium mg	Iron mg	Potas-sium mg	Sodium mg	Zinc mg	Vit. A R.E.	Thia-min mg	Ribo-flavin mg	Niacin mg	Total Folacin µg	Cyano Cobal-amin µg	Vit. C mg
0985	Bean with pork	50	1.8	-	-	-	50	0.02	0.06	0.8	-	-	2
	Chicken with dumplings												
0986	Condensed	12	0.5	95	703	tr	42	0.01	0.06	1.4	tr	0.1	0
0987	Prepared with water	6	0.3	48	357	0	22	0.01	0.03	0.7	tr	0.1	0
	Mushroom, cream of												
0988	Condensed	26	0.4	67	810	0	0	0.02	0.07	0.6	tr	tr	1
0989	Prepared with water	19	0.2	41	423	0	0	0.02	0.04	0.3	tr	0	tr
	Pea, green												
0990	Condensed	21	1.5	145	752	1	15	0.08	0.05	0.9	1	0	1
0991	Prepared with water	11	0.8	76	395	1	8	0.04	0.03	0.5	1	0	1
	Tomato, beef, with noodles												
0992	Condensed	14	0.9	176	731	1	42	0.07	0.07	1.5	-	0.1	0
0993	Prepared with water	7	0.5	90	376	tr	22	0.03	0.04	0.7	-	0	0
	Vegetable soup with meat broth												
0994	Condensed	14	0.8	157	661	1	171	0.04	0.04	0.8	-	0	2
0995	Prepared with water	7	0.4	80	336	tr	87	0.02	0.02	tr	-	0	1

Index of Scientific Names

Scientific Name	Common Name	Item Number
Abelmoschus esculentus	Okra	0464-0465
Archirus spp.	Sole	0756
Acipenser spp.	Sturgeon fish	0757-0758
Agaricus campestris	Mushroom	0460-0463
Allium ascalonicum	Shallot	0474
Allium cepa	Onion, common green onion	0468-0469
Allium fistulosum	Escallion, Welsh onion	0452
Allium porrum	Leeks	0457-0458
Allium sativum	Garlic	0453-0454
Amaranthus spp.	Amaranth, Callaloo, Baghi	0350-0351
Anacardium occidentale	Cashew	0511, 0325-0328
Ananas comosus	Pineapple, pine	0555-0558
Anchoa spp.	Anchovy	0700
Annona muricata	Soursop	0568
Annona reticulata	Custard apple, bullocks heart	0518
Annona squamosa	Sweetsop, sugar apple	0572
Apium graveolens	Celery	0444-0445
Apsilus spp.	Snapper	0753
Arachis hypogaea	Peanuts	0314-0321
Arius maculatus	Catfish	0706
Artocarpus altilis	Breadfruit	0217-0219
Artocarpus heterophyllus	Jackfruit	0532
Asparagus officinalis	Asparagus	0352-0354
Avenia sativa	Oats	0123-0124
Bambusa spp.	Bamboo shoot	0438-0439
Benincasa hispida	Wax gourd, white gourd	0484-0485
Beta vulgaris	Beet, common red	0440-0441, 0360-0361
Beta vulgaris var cicla	Swiss chard	0385-0386
Blighia sapida	Ackee (Jamaican)	0434
Brassica chinensis	Pak choi, chinese cabbage	0374-0375
Brassica juncea	Mustard greens	0409
Brassica nigra	Mustard, table	0877
Brassica oleracea var. acephala	Kale, collard, bush cabbage	0402-0403, 0390-0391
Brassica oleracea var. botrytis	Broccoli, cauliflower	0442-0443, 0364-0367
Brassica oleracea var. capitata	Common cabbage	0376-0377
Brassica oleracea var. gemmifera	Brussel sprouts	0368-0371
Brassica pekinensis	Chinese cabbage, celery	0372-0373
Brassica rapa	Turnip	0429-0430, 0483

Scientific Name	Common Name	Item Number
Cajanus cajan	Pigeon peas, congo peas, gungo peas	0305-0306
Calamus spp.	Porgy	0743
Canavalia ensiformis	Horse bean, Jack bean	0278
Capsicum annuum	Pepper sweet	0416
Capsicum frutescens	Chilles, hot, dried, chilli powder	0414-0415
Caranx spp.	Jacks, Jack fish	0732
Caranx hippos	Cavalli	0712
Carcharhinus spp.	Shark	0752
Carica papaya	Pawpaw, papaya	0548-0549
Castanea spp.	Chestnuts	0329-0331
Cephalopholis spp.	Grouper	0724
Chelonia mydas	Turtle	0794-0795
Chrysophyllum cainito	Caimit, star apple	0509-0510
Cicer arietinum	Chickpea	0296
Cichorium endivia	Endive	0400
Cinnamomum zeylanicum	Cinnamon	0869-0870
Citrullus lanatus	Melon, water melon	0341, 0574-0576
Citrus aurantifolia	Lime	0494-0496
Citrus grandis	Shaddock, pomelo	0502
Citrus limon	Lemon	0492-0493
Citrus paradisi	Grapefruit	0487-0491
Citrus 'Putative X'	Ortanique	0501
Citrus reticulata	Tangerine, mandarin	0503-0504
Citrus sinensis	Orange	0497-0500
Clupea spp.	Herring	0727-0731
Cocos nucifera	Coconut	0332-0337
Colocasia spp.	Cocos, dasheen, taro	0388, 0224-0226
Colocasia esculenta	Dasheen	0394-0395
Coriandrum sativum	Coriander	0871-0872
Coroyphaena spp.	Dolphin	0714
Crassostrea spp.	Oyster	0785-0787
Cucumis melo	Muskmelon	0545
Cucumis melo var. cantalupensis	Canteloupe	0510
Cucumin sativus	Cucumber	0448-0449
Cucurbita maxima	Pumpkin	0419-0422, 0342-0343
Curcubita pepo	Squash, marrow	0472-0473
Curcuma domestica	Turmeric	0883-0884
Cyclopsetta chittendeni	Flounder	0721
Cynara scolymus	Artichoke	0435-0436
Cyphomandra betacea	Tree tomato	0482-0485

Index of Scientific Names *continued*

Scientific Name	Common Name	Item Number
Cyprinus carpio	Common carp	0705
Cypselurus spp.	Flying fish	0722
Daucus carota	Carrot	0378-0383
Dioscorea spp.	Yam, Yampie	0242-0244
Eleocharis dulcis	Chinese water chestnut	0486
Epinephelus spp.	Grouper	0724
Eugenia uniflora	Surinam cherry	0571
Ficus carica	Common figs	0520-0523
Flacourtia indica	Governor plum	0524
Foeniculum vulgare	Fennel	0873-0875
Fragaria spp.	Strawberry	0569-0570
Gadus spp.	Codfish	0707-0709
Garcinia mangostana	Mangosteen	0544
Alosa Sapidissima	Shad	0750-0751
Glycine max	Soybean	0307-0313
Gossypium hirsutum	Cotton seed	0339
Haliotis spp.	Abalone	0780-0783
Helianthus annuus	Sunflower	0347-0349
Hibiscus sabdariffa	Sorrel	0566-0567
Hirudichthyes spp.	Flying fish	0722
Hordeum vulgare	Barley	0101-0102
Ipomoea aquatica	Ipomoea, Dry kangkong	0401
Ipomoea batatas	Sweet potato	0417-0418, 0239-0241
Juglans regia	Walnut	0338
Lablab purpureus	Butter bean (Indian), Banner bean, Bonavist	0278
Lactuca sativa	Lettuce	0404-0408
Lates calcarifer	Sea bass	0749
Lens culinaris	Lentils	0297
Leptodactylus spp.	Frog	0793
Linum usitatissimum	Flaxseed, Linseed	0340
Litchi chinesis	Lychee, litchi	0535-0538
Loligo spp.	Squid	0787-0792
Luffa aegyptiaca	Luffa, sponge gourd	0459

Scientic Name	Common Name	Item Number
Lupins Albus	Lupins	0298
Lutjanus spp.	Snapper	0753-0755
Lycoperscion esculentam	Tomato	0475-0481
Malpighia puniciforlia	West Indies cherry	0515-0516
Malus domestica	Apple	0505-0507
Mammea americana	Mammee apple	0539
Mangifera indica	Mango	0540-0543
Manihot esculenta	Cassava	0384, 0220-0223
Manilkara zapota	Sapodilla, naseberry	0565
Maranta arundinacea	Arrowroot	0212-0213
Melanogrammus aeglefinus	Haddock	0725-0726
Melicoccus bijugatus	Guinep, genip	0531
Mentha spp.	Mint	0876
Micropogon spp.	Croaker	0710-0711
Moringa oleifera	Drumstick leaves	0396-0399
Mugil spp.	Mullet, Queriman	0739
Muraenesox cinereus	Eel, pike eel	0715-0720
Musa paradisiaca	Plaintain	0227-0231
Musa sapientum	Banana	0214-0216

Scientific Name	Common Name	Item Number
Mustelus spp.	Dog fish	0713
Mycteroperca spp.	Grouper	0724
Mythrax spp.	Crab	0772-0773
Nasturtium officinale	Water cress	0431
Octopus spp.	Octopus	0784
Ocyurus spp.	Snapper	0753
Olea europaea	Olives	0466-0467
Opuntia spp.	Prickly pear	0470
Oryza sativa	Rice	0125-0138
P. Mungo	Mung bean	0288-0289
Pachyrhizus erosus	Yam bean tuber	0245-0246
Panulirus spp.	Lobster	0774-0775
Passiflora edulis	Passion fruit/granadilla	0547
Passiflora quandrangularis	Granadilla/passion fruit	0547
Penaeus spp.	Shrimp	0776-0779
Peprilus paru	Pomfret	0742
Peprilus triacanthus	Butterfish	0703-0704

Index of Scientific Names *continued*

Scientific Name	Common Name	Item Number
Persea americano	Avocado pear	0437
Petsasi	Chinese cabbage	0374-0375
Petroselinum crispum	Parsley	0411
Phaseolus aureus	Mung bean	0358-0359, 0288-0289
Phaseolus lunatus	Lima bean, sugar bean, white bean	0280-0287
Phaseolus vulgaris	Red peas, snap bean, string beans, kidney beans	0290-0292, 0355-0357
Phoenix dactylifera	Date	0519
Phyllanthus acidus	Otaheite gooseberry, jimbling	0547
Pimento dioicia	Pimento, allspice	0879-0881
Piper nigrum	Pepper, black, white	0878
Pisum sativum	Green pea, split pea, garden pea	0299-0304
Prunus spp	Cherries, prune	0560-0561
Prunus armeniaca	Apricot	0508
Prunus dulcis	Almond	0322-0324
Prunus persica	Peach	0550-0552
Pseudupeneus spp.	Goat fish	0723
Psidium guajava	Guava	0527-0529
Punica granatum	Pomegranate	0559
Pyrus communis	Pear	0553-0554
Rana spp.	Frog	0793-0795
Raphanus sativus	Radish	0423, 0471
Ribes spp.	Currants	0517
Roccus americanus	White perch	0741
Saccharum officinarum	Sugarcane	0261
Salmo gairdneri	Trout	0761
Salmo spp.	Salmon	0744-0745
Sardinella spp.	Sardine	0746-0748
Scarus spp.	Parrot fish	0740
Sciaena spp.	Jew fish	0733
Scomber spp.	Mackerel	0735-0738
Scomber cavalla	King fish	0734
Secale cereale	Rye	0139-0140
Sechium edule	Chocho, christophene, chayote	0446-447, 0387
Sepia spp.	Squid	0788

Scientific Name	Common Name	Item Number
Seriola spp.	Amber Jack	0698-0699
Sesamum indicum	Sesame	0344-0346
Sillago silama	Whiting, Banga Mary	0766-0771
Solanum melongena	Egg plant, garden egg, melongene, aubergine	0450-0451
Solanum tuberosum	Irish potato, white potato	0232-0238
Sorghum bicolor	Sorghum	0141
Sparisoma spp.	Parrot fish	0740
Sphyraena spp.	Barracuda	0701
Spinacia oleracea	Spinach	0424-0427
Spondias mombin	Hog plum	0531
Syzygium cumini	Java plum	0533
Syzygium jambos	Rose apple	0564-0565
Syzygium malaccense	Malacca apple, otaheite apple	0539
Tamarindus indica	Tamarind	0573, 0881
Tarpon atlanticus	Tarpon	0759
Tetragonia expansa	New Zealand spinach	0428
Thiara asparata Linn	Fresh water snail	0788
Thunnus spp.	Bonito	0702
Thunnus thynnus	Tuna	0762-0765
Thymus vulgaris	Thyme	0882
Tilapia mossambica	Tilapia, grey perch, pink perch	0760
Triticum aestivum	Wheat	0211, 0142-0166
Upeneus spp.	Goat fish	0723
Vicia faba	Broad bean	0275-0277
Vigna unguiculata	Blackeye peas, cowpeas	0362-0363, 0293-0295, 0392-0393
Vitis spp.	Grapes	0525-0526
Vitis vinifera	Raisins, golden, seedless	0562-0563
Xanthosoma spp.	Yautia, tannia	0247
Z. mauritiana	Coolie plum, drinks	0534
Zea mays	Corn, maize, sweet corn	0103-0122
Zingiber officinale	Ginger	0455-0456
Ziziphus jujuba	Jujube	0534
Zrania spp.	Wildrice	0137

Index of Common Names

Common Name	Item Number	Page Number
Abalone	0780 0781	73, 74
Ackee	0434	37, 38
Alcoholic drinks	0895-0901	87, 88
Almonds	0322-0324	23, 24
Amaranth/callaloo	0350-0351	27, 28
Anchovy	0700	67, 68
Apple	0505-0507	43, 44
Apricot	0508	45, 46
Arrowroot	0212-0213	11, 12
Artichokes	0435-0436	37, 38
Asparagus	0352-0354	27, 28
Avocado pear	0437	37, 38
Baby food	0932-0958	91, 92
Bacon	0620-0622	55, 56
Baked bean with pork & tomato sauce	0959	91, 92
Baking powder	0925	89, 90
Bamboo shoot	0438-0439	37, 38
Banana	0214-0216	11, 12
Banga Mary	0766	71, 72
Barbecue sauce	0868	85, 86
Barley	0101-0102	1, 2
"Barlova"	0907	87, 88
Barracuda	0701	67, 68
Bean, Banner/Indian/Butter	0278	19, 20
Bean, broad	0275-0277	19, 20
Bean, horse	0279	19, 20
Bean, kidney/Red peas	0290-0292	19, 20
Bean, Lima/Sugar bean/White bean	0280-0287	19, 20
Bean, mung	0288-0289	19, 20
Bean, snap/String bean	0355-0357	27, 28
Bean, sprouts	0358-0359	27, 28
Bean, sugar	See Lima bean	
Bean, white	See Lima bean	
Beef-fresh and processed	0577-0592	53, 54
Beef-salted, raw	0593	53, 54
Beer	0895	87, 88
Beet, greens	0360-0361	27, 28

Common Name	Item Number	Page Number
Beet, raw, cooked	0440-0441	37, 38
Birds, dressed (game)	0681	61, 62
Biscuits, sweet	0154	5, 6
Blackeye peas	0293-0295, 0362-0363	19-22, 27, 28
Blue Cheese Dressing	0857	81, 82
Bologna	0623	55, 56
Bonavist	0278	19, 20
Bonito	0702	67, 68
'Bournvita'	0908	87, 88
Brain (Offals)	0629	57, 58
Bran flakes	0206	9, 10
Brandy	0896	87, 88
Bread pudding	0960	91, 92
Bread crumbs	0163	5, 6
Breadfruit	0217-0219	11, 12
Breakfast cereals	0203-0211	9, 10
Broad bean	0275-0277	19, 20
Broccoli	0364-0367	27, 28
Brussel sprouts	0368-0371	29, 30
Bulgar	0165-0166	5, 6
Butter	0836-0837	81, 82
Butter bean, Indian	See Banner bean	
Butter fish	0703-0704	67, 68
Butter oil	0839	81, 82
Cabbage, bush/Collards	0390-0391	31, 32
Cabbage, Chinese	0372-0375	29, 30
Cabbage, common	0376-0377	29, 30
Caimit/Star apple	0509	45, 46
Cake (Cake mix)	0167-0176	6, 7
Callaloo/Amaranth	0350-0351	27, 28
Candy	0266-0272	17, 18
Cantaloupe	0510	45, 46
Carbonated soft drinks	0902-0906	87, 88
Carp, common	0705	67, 68
Carrot	0378-0383	29, 30
Cashew nut	0325-0328	23, 24
Cashew, common	0511	45, 46
Cassava, fresh	0220-0221	11, 12
Cassava leaves	0384	29, 30

Index of Common Names *continued*

Common Names	Item Number	Page Number
Cassava meal and flour	0223	11, 12
Cassava starch	0222	11, 12
Catsup	0480	41, 42
Catfish	0706	67, 68
Cauliflower	0442-0443	37, 38
Cavalli	0712	67, 68
Celery	0444-0445	37, 38
Champagne	0897	87, 88
Chard, Swiss	0385-0386	29, 30
Chayote, chocho	0837	29, 30
Cheese	0810-0822	77, 80
Cheese, cream	0815	77, 78
Cheese, processed	0816-0817	77, 78
Cheese spread	0822	79, 80
Cherry	0512-0514	45, 46
Cherry tomato	0478-0481	41, 42
Cherry, West Indies	0515-0516	45, 46
Chestnut	0329-0331	23, 24
Chewing gum	0273	17, 18
Chinese cabbage	0372-0373	29, 30

Common Name	Item Number	Page Number
Chinese water chestnut	0486	41, 42
Chicken dressed	0658-0660	61, 62
Chicken, fricasse	0961	93, 94
Chicken-parts	0661-0672	61, 62
Chicken, separable, fat, raw	0866	83, 84
Chickpea	0296	21, 22
Chili powder	0870	85, 86
Chocho	0387, 0446-0447	29, 30, 37, 38
Chocolate	0887-0888	87, 88
Christophene, chocho, chayote	0387	29, 30
Cinnamon bark	0869	85, 86
Clam	0782-0783	73, 74
Cocoa	0885-0886	87, 88
Coco (tuber and leaves)	0247, 0388-0389	13-14, 29-32
Coconut	0332-0337	23, 24
Codfish	0707-0709	67, 68
Codfish fritters	0962	93 94
Codfish salad	0963	93, 94
Coffee	0889-0891	87, 88
Cola type soft drink	0903	87, 88

Common Names	Item Number	Page Number
Collards	0390-0911	89, 90
Complan	0909-0911	89, 90
Composite dishes	0932-0995	91-96
Congo peas/Pigeon peas/Gungo peas	0305-0306	21, 22
Coolie plum/dunks/jujube	0534	47, 48
Corn	0103-0122	1, 2
Cornflakes	0204-0205	9, 10
Commeal	0106-0110	1, 2
Coriander seed	0871	85, 86
Cottage cheese	0818-0820	79, 80
Cotton seed meal	0339	25, 26
Cowpeas	0392-0393	31, 32
Crab	0772-0773	73, 74
Crackers	0177-0181	7, 8
'Creme Nutrica'	0912	89, 90
Croaker	0710-0711	67, 68
Croissants	0182	7, 8
Cucumber	0448-0449	37, 38
Currants	0517	45, 46
Curry powder	0872	85, 86
Custard apple	0518	45, 46
Danish Pastry	0183	7, 8
Dasheen, eddo	0224-0226, 0388-0389	11-12, 29-32
Dasheen leaves/callaloo	0394-0395	31, 32
Dates	0519	45, 46
Dog fish	0711	67, 68
Dolphin	0714	67, 68
Doughnuts	0184-0185	7, 8
Drumstick, leaves and pods	0396-0399	31, 32
Duck, raw, cooked	0673-0674	61, 62
Duck eggs	0693-0694	65, 66
Duck fat	0867	83, 84
Dumpling, fried	0964	93, 94
Dunks, coolie plum	0534	47, 48
Eel/pike eel	0715	67, 68
Eggs (hens, turtle)	0688-0697	65, 66
Egg noodles	0186-0187	8, 9
Egg plant	0450-0451	37, 38
Endive	0400	31, 32

Index of Common Names *continued*

Common Name	Item Number	Page Number
English Muffins	0188	7, 8
Escallion	0452	37, 38
Farina	0189-0195	7, 8
Feet (Offal)	0630	57, 58
Fennel	0873	85, 86
Figs, common	0520-0522	45, 46
Fish, all unspecified	0767-0771	71, 72
Fish flour	0716-0718	67, 68
Fish liver oil (cod)	0839	81, 82
Fish roe	0719	67, 68
Fish round	0767	71, 72
Fish sauce	0874	85, 86
Fish stick	0720	67, 68
Flaxseed/linseed	0340	25, 26
Flounder	0721	67, 68
Flour, arrowroot	0213	11, 12
Flour, banana	0216	11, 12
Flour, broad bean	0277	19, 20
Flour, meal cassava	0223	11, 12
Flour, fish	0716-0718	67, 68
Flour, peanut	0321	23, 24
Flour, plantain	0231	11, 12
Flour, rice	0131-0132	3, 4
Flour, rye	0139	3, 4
Flour, soybean	0310-0311	21, 22
Flour, sunflower	0349	25, 26
Flour, wheat	0142-0150, 0153	6, 7
Flour, yam	0244	13, 44
Flying fish	0722	69, 70
French Dressing	0858	81, 82
Frog	0793	75, 76
Fruit cocktail	0523	45, 46
Fruit, dried (unspecified)	0575	51, 52
Fruit flavoured sodas	0904	87, 88
Fruit, fresh (unspecified)	0576	51, 52
Fruit Salad	0965	93, 94
Game-bird	0681	61, 82
Game-mammal	0680	61, 62

Common Name	Item Number	Page Number
Garden egg	See Egg plant	
Garlic	0453-0454	39, 40
Gelatin	0926-0927	89, 90
Ghee	0840	81, 82
Gin	0898	87, 88
Ginger	0455-0456	39, 40
Ginger ale	0905	87, 88
Glucose/dextrose	0252-0254	15, 16
Goatfish	0724	69, 70
Goat meat	0679	61, 62
Goose dressed	0675	61, 62
Gourd, wax/white	0484-0485	41, 42
Governor plum	0524	45, 46
Granadilla/passion fruit	0547	47, 48
Granola	0207	9, 10
Grapes	0525-0526	45, 46
Grapefruit	0487-0491	43, 44
Green peas	0299-0304	21, 22
Grouper	0724	69, 70
Guava	0527-0529	47, 48
Guinea pig	0682	61, 62
Guinep, genip	0530	47, 48
Haddock	0725-0726	69, 70
Ham	0624-0626	57, 58
Heart (Offal)	0631-0633	57, 58
Hen-eggs	0688-0692	65, 66
Herring	0727-0731	69, 70
Hog plum	0531	47, 48
Hominy grits	0118-0122	1, 2
Honey	0262	15, 16
Horlicks	0913-0917	89, 90
Horse bean/Jack bean	0279	19, 20
Hot pepper sauce	0875	85, 86
Ice cream	0827-0828	79, 80
Iguana eggs	0695	65, 66
Iguana meat	0683	63, 64
Indian Bean	See Banner/Butter bean	
Intestine (Offal)	0634-0635	57, 58
Ipomoea, green	0401	31, 32

Index of Common Names *continued*

Common Names	Item Number	Page Number
Irish potato	0232-0238	13, 14
Italian Dressing	0859	81, 82
Jack bean	See Horse bean	
Jacks	0732	69, 70
Jackfruit	0532	47, 48
Jams, Preserves	0263	15, 16
Java plum	0533	47, 48
Jellies	0264	15, 16
Jew fish	0733	69, 70
Jujube	0534	47, 48
Kale	0402-0403	31, 32
Kidney	0636-0638	57, 58
Kidney bean/red peas	0290-0292	19, 20
Kingfish	0734	69, 70
Ketchup	0480	41, 42
Lactogen	0835a	79, 80
Lamb/mutton	0604-0609	55, 56
Lard/Leaf fat	0841	81, 82
Leeks	0457-0458	39, 40
Lemon	0492-0493	43, 44
Lentils	0297	21, 22
Lettuce	0404-0405	31, 32
Lima bean	0280-0287	19, 20
Limes	0494-0496	43, 44
Linseed/flaxseed	0340	25, 26
Litchi/lychee	0535-0537	47, 48
Liver (Offal) beef, mutton, pork	0639-0644	57, 58
Lobster	0774-0775	73, 74
Luffa/Sponge gourd	0459	39, 40
Luncheon meat	0600	53, 54
Lung (Offal)	0645-0647	57, 58
Lupine	0298	21, 22
Macaroni/spaghetti	0197-0200	7, 8
Mackerel	0735-0738	69, 70
Malacca apple	0538	47, 48
Malt drink	0894	87, 88
Malt extract	0274	17, 18

Common Name	Item Number	Page Number
Mammal, dressed	0680	61, 62
Mammee apple	0539	47, 48
Mango	0540-0543	47, 48
Mangosteen	0544	47, 48
Margarine	0842-0843	81, 82
Marmalades, Citrus	0265	15, 16
Mayonnaise	*0860*	81, 82
Meat fat	0844-0846	81, 82
Meat pie	0966	93, 94
Melongene	See egg plant	
Melon seeds	0341	25, 26
Milk, buffalo	0832	79, 80
Milk, canned, evaporated	0801-0804	77, 78
Milk condensed	0805	77, 78
Milk, cow	0796-0800	77, 78
Milk, dry whole	0806	77, 78
Milk, goat	0833	79, 80
Milk, human	0835	79, 80
Milk shake powder	0918	89, 90
Milk, sheep	0834	79, 80
Milk, skim	0807-0809	77, 78
'Milo'	0919	89, 90
Mint	0876	85, 86
Miscellaneous leaves	0432-0433	35, 36
Mixed vegetables	0406-0408	31, 32
Molasses	0255-0257	15, 16
Mullet	0739	69, 70
Mung bean	0288-0289	19, 20
Mushrooms	0460-0463	39, 40
Muskmelon	0545	47, 48
Mustard, greens	0409-0410	31-34
Mutton, lamb	0604-0609	55, 56
Mustard, prepared paste	0877	85, 86
Naseberry, Sapodilla	0565	49, 50
'Nutrament'	0922	89, 90
Oats/oatmeal	0123-0124	3, 4
Octopus	0784	73, 74
Oil, coconut	0847	81, 82

Index of Common Names *continued*

Common Name	Item Number	Page Number
Oil, cottonseed	0848	81, 82
Oil, olive	0850	81, 82
Oil, palm	0851-0852	81, 82
Oil, pure, all kinds	0849	81, 82
Okra	0464-0465	39, 40
Olac	0835b	79, 80
Olives	0466-0467	39, 40
Onions	0468-0469	39, 40
Onion, Welsh/eskellion	See Escallion	
Oranges	0497-0500	43, 44
Ortanique	0501	43, 44
Ostermilk, half cream	0835c	79, 80
Otaheite apple, Malacca apple	0538	47, 48
Otaheite, gooseberry	0546	47, 48
'Ovaltine'	0920-0921	89, 90
Ox tail	0649	59, 60
Oyster	0785-0787	73, 74
Pak choi	See Chinese cabbage	
Palm oil	See Oil, palm	
Papaya, pawpaw	0548-0549	47, 48
Parrot fish	0740	z69, 70
Parsley, curly	0411	33, 34
Pasteles, plaintain and tannia	0967	93, 94
Passion fruit/granadilla	0547	47, 48
Pawpaw	See Papaya, pawpaw	
Peas and carrot	0412-0413	33, 34
Peas, blackeye, cow peas	0293	19, 20
Peas, chick	0296	21, 22
Peas, congo, gungo, pigeon	See congo peas	
Peas, cow	See Peas, blackeye	
Peas, green	0299-0304	21, 22
Peas, pigeon (See congo, gungo)	0305-0306	21, 22
Peas, red	0290-0292	19, 20
Peach	0550-0552	49, 50
Peanuts	0314-0321	21-24
Peanut oil	0853	81, 82
Pear	0553-0554	49, 50
Pear, prickly	0470	39, 40
Pepper, dried	0878	85, 86

Common Name	Item Number	Page Number
Pepper, hot chili	0415	33, 34
Pepper, hot, green, immature	0414	33, 34
Pepper, sweet	0416	33, 34
Perch, white	0741	69, 70
Pigeon peas, congo peas, gungo peas	See congo peas	
Pig's tail	0651-0653	59, 60
Pineapple	0555-0558	49, 50
Pimento leaf	0879	85, 86
Plaintain	0227-0231	11, 12
Plum, coolie/dunks/jujube	0534	47, 48
Pomergranate	0559	49, 50
Pomelo/shaddock	0502	43, 44
Pomfret	0742	69, 70
Popcorn	0115-0117	1, 2
Potato, Irish	0232-0238	13, 14
Potato, sweet	0239-0241	13, 14
Potato, sweet and leaves	0417-0418	33, 34
Porgy	0743	69, 70
Pork fat	0846	81, 82
Pork-fresh	0610-0619	55, 56
Pork-salted (raw)	0627	57, 58
Preserves, jams	0263	15, 16
Prickly pear	0470	39, 40
Prunes	0560-0561	49, 50
Puffed rice	0209	9, 10
Puffed wheat	0210	9, 10
'Puma'	0923	89, 90
Pumpkin	0419-0422	33, 34
Pumpkin fritters	0968	93, 94
Pumpkin seeds	0342-0343	25, 26
Rabbit, domestic	0684-0685	63, 64
Radish, root	0471	39, 40
Radish, seeds	0423	33, 34
Raisins	0562-0563	49, 50
Raisin bran	0211	9, 10
Red peas, kidney bean	0290-0292	19, 20
Rice	0125-0138	3, 4
Rice bran	0136	3, 4
Rice flour	0131-0132	3, 4

Index of Common Names *continued*

Common Names	Item Number	Page Number
Rice krispies, frosted	0208	9, 10
Rice with stewed beans	0969	93, 94
Rice with vienna sausage	0970	93, 94
Rice, wild	0137-0138	3, 4
Root beer	0906	87, 88
Rose apple	0564	49, 50
Rum	0899	87, 88
Rye flour	See Flour, rye	
Rye wafer	0140	3, 4
Russian dressing	0861	81, 82
Salad dressing	0857-0861	81, 82
Salmon	0744-0745	69, 70
Salt, table	0880	85, 86
Sandwich spread	0862	83, 84
Sapodilla	0565	49, 50
Sardine	0746-0748	71, 72
Sauce, barbecue	0868	85, 86
Sauce, fish	0874	85, 86
Sauce, pepper-hot	0875	85, 86
Sauce, soya	0881	85, 86
Sausage, bologna	0594	53, 54
Sausage, frankfurters	0595-0597	53, 54
Sea bass	0749	71, 72
Seasoned beef/mince	0971	93, 94
Semilko	0835d	79, 80
Sesame	0344-0346	25, 26
Sesame oil	0854	81, 82
Shad	0750-0751	71, 72
Shaddock/Pomelo	0502	43, 44
Shallot	0474	41, 42
Shark	0752	71, 72
Shortening, vegetable	0864	83, 84
Shrimp	0776-0779	73, 74
Similac	0835e	79, 80
SMA	0835f	79, 80
Snail	0788	73, 74
Snap bean	0355-0357	27, 28
Snapper	0753	71, 72
Sole	0756	71, 72

Common Name	Item Number	Page Number
Sorghum	0141	3, 4
Sorrel	0566-0567	49, 50
Soup	0979-0995	93-96
Soursop	0568	49, 50
Soya oil	0855	81, 82
Soya milk	0312	21, 22
Soya sauce	0881	85, 86
Soybean	0307-0313	21, 22
Soybean flour	0310-0311	21, 22
Spaghetti, macaroni	0197-0200	7, 8
Spaghetti with meat balls in tomato sauce	0972	93, 94
Spinach	0424-0428	33, 34
Spinach, New Zealand	0428	33, 34
Sprat	0754-0755	71, 72
Squash summer	0472-0473	41, 42
Squid	0789-0791	73, 74
Star apple	See caimit	
Stout	0895	87, 88
Strawberry	0569-0570	49, 50
String bean	See Snap bean	
Sturgeon fish	0757-0758	71, 72
Suet	0865	83, 84
Sugars	0248-0254	15, 16
Sugar apple/sweet sop	0572	49, 50
Sugar bean	See butter bean and Lima bean	
Sugarcane juice	0261	15, 16
Sunflower seeds	0347-0349	25, 26
Surinam cherry	0571	49, 50
Sweet potato	See Potato, sweet	
Syrups	0255-0257	15, 16
Syrup, cane	0258	15, 16
Syrup, corn	0260	15, 16
Syrup, maple	0259	15, 16
Tail, ox, cow	0648-0649	59, 60
Tail, pig	0650-0652	59, 60
Tallow/mutton fat	0845	81, 82
Tamarind	0573	51, 52
Tangerine	0503-0504	43, 44
Tannia/Yautia	0247	13, 14

Index of Common Names *continued*

Common Name	Item Number	Page Number
Tapioca	0222	11, 12
Taro	0224-0226, 0388-0389	11, 12, 29-32
Tarpon	0759	71, 72
Tea	0892-0893	87, 88
Thousand Island, regular	0863	83, 84
Thyme	0882	85, 86
Tilapia	0760	71, 72
Tomato	0475-0477	41, 42
Tomato, cherry	0478-0481	41, 42
Tomato, tree	0482	41, 42
Tongue	0653-0657	59, 60
Tripe (Offal)	0635-0636	57, 58
Trotter (Offal)	0631	57, 58
Trout	0761	71, 72
Tuber	0431-0432	35, 36
Tumeric	0883	85, 86
Tuna	0762-0765	71, 72
Turkey, dressed	0676-0678	61, 62
Turkey, eggs	0696	65, 66
Turnip	0483, 0429-0430	41, 42, 35-36
Turtle, eggs	0697	65, 66
Turtle, raw, canned	0794-0795	75, 76
Vinegar	0884	85, 86
'Vita cup'	0924	89, 90
Walnuts	0338	23, 24
Water chestnut, Chinese	0486	41, 42
Water cress	0431	35, 36
Water melon	0574	51, 52
Water melon seeds	0341	25, 26
Wax gourd	See gourd, wax/white	
Welsh onion	See Escallion	
West Indies cherry	See Cherry, West Indies	
Whale	0686-0687	63, 64
Wheat	0142-0166	5, 6
Wheat Bran	0201	9, 10
Wheat germ	0202	9, 10
Wheat germ oil	0856	81, 82
Whelks	0792	73, 74
Whisky	0896	87, 88

Common Name	Item Number	Page Number
White bean	0280-0283	19, 20
White gourd	0484-0485	41, 42
Whiting	0766	71, 72
Wine, desert	0900	87, 88
Wine, table	0901	87, 88
Yam/yampie	0242-0244	13, 14
Yambean	0245-0246	13, 14
Yautia	See Tannia	
Yeast	0928-0931	89, 90
Yogurt	0829-0831	79, 80

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Annex

List and Amounts of Ingredients in Composite Dishes

Bread Pudding
(17% moisture loss on cooking)
454g enriched white bread
780g evaporated whole milk
200g egg
180g granulated sugar
75g raisins
60g margarine
24g wheat flour
2.7g salt
5g water

Chicken Fricassee
(9% moisture loss on cooking)
726g chicken (flesh and skin)
350g Irish/white potato
30g sweet pepper
120g soybean oil
120g canned tomato sauce
87g onion
7g garlic
12g salt
2g black pepper

Rice with Stewed Beans
64g white rice
33g white bean soup
2g vegetable oil
1g salt

Codfish Salad
198g codfish (deboned)
227g tomato
114g onion
108g olive oil
60g vinegar
6g salt

Fried Dumplings
(10% moisture loss; 15% fat gain)
230g wheat flour
23g skimmed milk powder
50g shortening
6g baking powder
6g salt
237g water

Stewed Red Beans
(17% moisture loss on cooking)
227g red kidney beans (peas)
113g Irish, white potatoes
56g ham
65g tomato sauce
27g vegetable oil
3g garlic
7g salt
1g coriander leaf
1440g water

Fried Green Plantain Slices
(46% moisture loss)
534g plantain, raw
54g corn oil
9g salt
288g water

Fruit Salad
243g grapefruit sections
211g orange sections
216g tangerine sections
287g ripe banana
287g ripe pawpaw
223g watermelon
423g canned pineapple

Meat Pie
(31% moisture loss on cooking)
454g lean ground beef
60g ham
60g salt pork
228g wheat flour
149g lard
60g tomato
30g sweet pepper
30g onion
11g baking powder
9g salt
60g water

Pumpkin Fritters
(21% moisture loss on cooking)
681g pumpkin
114g wheat flour
200g white granulated sugar
76g lard
5g salt
3g water

Stewed Codfish
(27% moisture loss on cooking)
250g dried codfish
195g sweet pepper
170g onion
27g vegetable oil
68g tomato
355g water

Stewed Pink Beans with Pig's Feet
(22% moisture loss on cooking)
117g pinto beans
390g pig's feet
205g pumpkin
15g vegetable oil
60g tomato puree
7g garlic
7g salt
736g water

Seasoned Beef
(34% moisture loss on cooking)

227g ground beef
120g tomato sauce
40g tomato
43g onion
22g sweet pepper
34g vegetable oil
5g garlic
5g salt

Stuffed Green Peppers
(27% moisture loss on cooking)

375g sweet pepper
227g lean ground beef
120g bread crumbs
240g tomato sauce
15g onion
5g salt
0.5g black pepper

Plantain and Tannia "Pasteles"
(16% moisture loss on cooking)

370g green plantain, peeled
384g coco, eddoe, taro, tannia, dasheen
155g chickpeas
454g pork
60g ham
60g salt pork
230g lard
240g whole milk
170g tomato
17g salt
10g hot pepper
3g coriander leaf
3g ground oregano
240g water

Rice with Vienna Sausage
(22% moisture loss on cooking)

454g white rice
240g Vienna sausage
40g salt pork
40g ham
47g soybean oil
60g tomato sauce
20g green olives
11g sweet pepper
22g onion
20g tomato
9g garlic
14g salt
488g water

Stew (Sancocho, Boil-up)
(52% moisture loss on cooking)

454g beef flank
454g spare ribs
56g ham
218g taro, coco, dasheen
184g yam
195g potato
178g pumpkin
280g green plantain
345g sweet potato
120g tomato sauce
38g vegetable oil
55g tomato
28g sweet pepper
28g onion
1g ground oregano
2928g water

CFNI Press
P.O. Box 140
Kingston 7, Jamaica, W.I.

ISBN 976-626-020-6

PAHO/CFNI/95.J1